



APG NEWS

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Army takes care of its own

By **STACY SMITH**
APG News

The 2015 APG Army Emergency Relief (AER) campaign kicks off March 1 and runs through May 15 with the goal of raising \$60,000 to support Soldiers and their families in need of financial assistance.

According to Capt. Nicolas Milano, APG Garrison coordinator and commander of the Headquarters and Headquarters Company, APG Soldiers and civilians raised \$55,000 for AER in 2014, and received more than \$250,000 from the worldwide AER fund. Globally, AER staff completed 55,000 cases last year, resulting in \$68.6 million provided to Soldiers and their families.

AER is a private, non-profit organization which provides emergency financial assistance to active-duty and retired Soldiers and their families in times of financial distress.

This financial assistance helps a Soldier or Soldier's family cover the cost of food, rent or utilities, emergency transportation and vehicle repair,

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Monitoring bald eagles

By **AMANDA ROMINIECKI**
APG News

During the most recent count of Aberdeen Proving Ground bald eagles in early January, 177 were spotted along the installation shorelines; indicating a thriving eagle population on post.

For nearly 30 years, APG personnel have monitored, tracked and protected the lively – and growing – population of bald eagles who call the installation home.

Lynda Hartzell, a Directorate of Public Works Natural Resources Branch employee, has served as one of APG's eagle gurus, formally known as an eagle compliance manager, for the past six years, during which time she says the eagle population has “really just exploded.”

While the count is slightly lower than the five-year average of 206, Hartzell says it still indicates “a robust eagle population.”

On a second aerial survey in late January, 10 new eagle nests were identified, in addition to the 75 nests Hartzell

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With countless miles of undisturbed shoreline, APG is an ideal habitat for the bald eagle. For nearly 30 years, APG personnel have monitored, tracked and protected the growing population of bald eagles who call the installation home.

Photo by Joe Ondek



Detecting harmful chemicals

ECBC develops, manufactures technology for rapid chem-bio threat detection

Story and photos by **C. TODD LOPEZ**
Army News Service

Researchers are refining a commercial technology for Army use that will allow Soldiers to accurately and rapidly detect an array of chemical and biological hazards – from mustard agent to anthrax – and then transmit those results to their higher command.

At the same time, the technology is smart enough to differentiate between those chemicals which are dangerous and those that the Soldier has carried with him into the environment on his own skin, such as bug spray or hand sanitizer.

The VOckit system is a small electronic device developed at the Army's Edgewood Chemical Biological Center, or ECBC, and even manufactured there, for now, on the center's 3-D print-

See DEVICE, page 18



This colorimetric detection assay, about the size of a postage stamp, is printed with a grid of several dozen indicator chemicals arranged in a grid of small dots.

STEM education critical to the nation

RDECOM leader speaks at Harford County Chamber of Commerce meeting

By **DAN LAFONTAINE**
RDECOM

Encouraging young students to pursue careers in science and engineering is vital to national defense and the economy, a U.S. Army leader told about 100 people during the Harford County Chamber of Commerce luncheon Feb. 19.

Jyuji Hewitt, executive deputy to the commanding general, U.S. Army Research, Development and Engineering Command, said Aberdeen Proving Ground is a strong advocate of science, technology, engineering and mathematics, known as STEM.

“We take STEM seriously because we know our workforce on Aberdeen Proving Ground needs a mechanism to

See NURTURING, page 18



By Conrad Johnson

Jyuji Hewitt, executive deputy to the commanding general, U.S. Army Research, Development and Engineering Command, speaks during the Harford County Chamber of Commerce luncheon in Havre de Grace, Maryland, Feb. 19.

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STREET TALK

Why is it important for kids to participate in STEM-related classes and activities?

In today's day and age, cyber technology is a very marketable field, and if you're willing to study hard, you can do well in it.



Spc. James Salamone
MDNG

When they're doing STEM, like robotics or computers, they're [seeing] the practical applications of the math and science that they're learning. It's the only way that they're brains are going to latch onto it."



Danny Lynn O'Hern
Retired military

"All the technology we have today is because of someone in the STEM field, including my son, who is a chemical engineer. Math and science opens a wealth of opportunities and challenges students.



Neslie Etheridge
CECOM

"It gives them a chance to bounce ideas around, experiment with things, and broaden their horizons... [STEM provides] opportunities to see science and technology that they otherwise wouldn't be exposed to."



Cpl. Lee Gannon
RDECOM

"It benefits them greatly because even today, our market for engineers, mathematicians, and anything science-related, is much needed. And there are few people going to school for it. So if kids learn about it when they're small, they might be interested in it when they're older and continue to do it."



Spc. Anthony Roberts
MDNG

Commander's Corner

SHARP™

SEXUAL HARASSMENT/ASSAULT RESPONSE & PREVENTION

RESOURCE CENTER

APG

Team APG SHARP Resource Center

During the ‘Why We Serve’ event, we reaffirmed our commitment to live by and uphold a set of high, ethical standards. It is our duty and moral responsibility as trusted professionals to rid ourselves of anything that threatens our values, brings discredit upon our beloved military family and breaks faith with the American people.

Sexual offenses degrade everything the Army stands for and is not tolerated within our ranks. This is why the Sexual Harassment and Assault Response Program (SHARP) remains a number one priority for the Army.

In support of this critical undertaking, the Aberdeen Proving Ground (APG) SHARP Resource Center opened Jan. 2. The center is one of twelve across the nation that utilizes a cadre of specialists including a Judge Advocate General officer, a Criminal Investigation Command agent, a medical expert, a Sexual Assault Response Coordinator, a victim advocate, and the APG SHARP program manager. The center will also offer SHARP leadership training programs to assist senior leaders in their respective organizations.

The mission of the resource center is to promote awareness and prevention throughout the APG community; provide compassionate care for victims; protect the rights and privacy of survivors; and maintain accountability for

offenders who commit crimes.

Located on the second floor of the Janet M. Barr Soldier Center, the APG SHARP Resource Center provides comprehensive and integrated SHARP support and treatment to APG military and civilian community members. The resource center has the capability to handle restricted and unrestricted cases of sexual assault and sexual harassment.

In addition to providing SHARP support to our APG community, we have established partnerships with local Reserve Officer Training Corps programs, and National Guard and Army Reserve units. Since these organizations do not have organic SHARP professionals, our Resource Center will be postured to assist their needs as well.

As trusted Army professionals, we are responsible for and accountable to our great nation. The duty bestowed upon us is to serve as a shining example for others to follow. We must sustain the momentum and continue to foster a positive climate of trust and respect so every member of our team will thrive and achieve their full potential.

APG Strong!

MAJ. GEN. BRUCE T. CRAWFORD
APG Senior Commander

OPINION

Pediatric dental care: It's never too early

Months before a child is born, expectant parents become masters of research, fretting over what type of diapers to buy, what formula is best, or should they nurse? They make sure they have covered all of the bases so when the big day comes they will know just what to do in any situation.

But how often do they think about dental coverage? Often not.

What new parents often are not aware of is how important oral health is at a very young age. The American Academy of Pediatric Dentistry published that “in order to prevent dental problems, your child should see a pediatric dentist when the first tooth appears, or no later than his/her first birthday.”

Why by their first birthday? Let them come in on their own time, you may say. Your baby's first tooth it set to arrive somewhere between 6 and 15 months of age. Premature and low birth weight babies often have delayed eruption of their first tooth resulting in enamel defects, which automatically puts them at a high risk for decay at a young age.

A good pediatric dentist will be able to go over your infant's brief but very important history and monitor their risk of dental cavities accordingly, to prevent future issues.

I was guilty of ignorance. As a result, I was that parent who sat in the dentist office overwhelmed with guilt as my 5-year-old had three cavities filled. And that was after the elementary school sent a note home after the health department screened her kindergarten class.

I was adamant about my kids brushing their teeth regularly so how could she have cavities? I felt I had let her down as a parent.

Despite the increase in awareness of oral health, screening programs in schools and the use of fluoride in public drinking water, we still see staggering statistics of today's youth having dental issues. We need to recognize that there is a problem in the way that preventative dental services are administered to children resulting in an increase in dental issues at a young age.

The CDC reports that “tooth decay affects more than one-fourth of U.S. children aged 2 to 5-years-old. So what can parents do to prevent their child from being part of that statistic? Visit often, early, and most importantly be proactive.

As an active duty service member I had the TRICARE Delta Dental coverage for my family. What I was not aware of is that even after you enroll a newborn family member into your DEERS (Defense Enrollment Eligibility Reporting System) account, they are not automatically enrolled in your dental plan as is the case with your medical plan.

Dependents are not automatically added to your TRICARE Delta Dental plan until the age of four. This is three years PAST the recommended age for your child's first visit according to the American Academy of Pediatric Dentistry. Many people don't realize that pediatric dental disease is five times more common than asthma, and seven times more common than hay fever! And nearly entirely preventable.

Pediatric dental disease can cause pain, infection, malnutrition and even death if left untreated. TRICARE beneficiaries and others need to be proactive with their child's oral health, and specifically request their child be added to their family plan by their first birthday or when their first tooth appears.

I hope to share this information with other parents so they are educated to this gap in coverage, can be proactive, and check their dental plan accordingly to ensure that their child can have early preventative dental care visits. From the very first tooth.

We owe it to ourselves, and our children, to take this first step as seriously as the nine months of preparation it took to be equally prepared for the day he or she arrived home from the hospital.

SPC. ELIZABETH H. BABCOCK
MRICD

Spc. Babcock is currently a regulatory affairs graduate student at the School of Medicine and Health Science at the George Washington University in Washington, D.C.

APG SEVEN DAY FORECAST

Thurs	Fri	Sat	Sun	Mon	Tue	Wed
31° 18°	29° 09°	31° 14°	36° 28°	34° 25°	34° 31°	45° 26°

APG NEWS

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Confronting the cycle of violence

Note: This article continues the domestic violence series examining the characteristics, identification and prevention of domestic violence while highlighting installation resources in place to intervene with education and treatment for victims and abusers.

By **YVONNE JOHNSON**

APG News

The pattern of power and control by domestic violence abusers is a gradual process that begins almost imperceptibly and becomes a seemingly-ironclad reality for their partners when completed.

According to Margo Digan, a social worker in the Family Advocacy Program at Kirk U.S. Army Health Clinic’s Behavioral Health division, the cycle of violence was first documented as the Power and Control Wheel in the early 1980s by scholar and social activist Ellen Pence, co-founder of the Duluth Domestic Abuse Intervention Project.

“Back then, domestic violence was treated as a “family problem” by law enforcement,” Digan said. “They didn’t interfere; that was the philosophy.”

Though societal norms made it difficult for women to feel safe or receive any kind of resources, Pence was one of the few who recognized the pattern, Digan said. She made headway through victim interview analysis and established characteristics and tactics of abusers.

“She put it all together and came up with the Power and Control Wheel,” Digan said.

Essentially, the wheel explains the different ways abusive partners use power and control to manipulate relationships.

“The core tactics, such as intimidation, threats, emotional and economical abuse give them the power they need to keep their partner submissive,” Digan said. “For a long time, this model was the bible for all domestic violence professionals and it was from this that treatment and intervention developed.”

She added that when counseling victims, intervention tactics initially focused on behavior and that it was a while before it included psychological treatment.

“Eventually, it was suggested that the abuser be involved in treatment as well,” she said, adding that, “treatment back then included helping men learn how to share decisions, from simple things like deciding which restaurant to go to for dinner to sorting out financial issues.

“It’s been a process to get to the point where we can recognize couples in pre-battering syndrome.”

Assessment

Incidents reported to the APG Directorate of Emergency Services police, APG chaplains, or chains of command usually end up at Digan’s door. She said regardless of the incident, those referred to her office complete a thorough risk assessment.

“This is an assessment that gives us a better idea of which way to direct treatment,” she said.

The risk assessment includes questions about weapons in the home, communicated threats to family members and suicidal/homicidal thoughts or tendencies.

“We do it regardless of the incident just to make sure people are safe,” she said.

Active-duty military can be required to attend the counseling sessions. Family members are strongly encouraged to participate in the process as well.

Situational incidents can include



conflict management education that partners can attend together Digan said.

“Some women are aggressive. It’s not that unusual but it becomes complicated if there are additional cultural, psychological or socio-economic issues. If we pick up on that we can recommend psychological as well as psychiatric evaluations for both partners”

Smallest victims

Digan said the real victims are the children of couples who habitually argue and fight.

“Many of these families have children who are exposed to all of this even if they don’t actually see it,” she said. “What really concerns us is if you have a couple who are habitually negative toward each other, it creates an anxious environment for the children. They are in definite need of intervention.

“The impact of high conflict parents can show up in a variety of ways: children may be anxious, fearful, regress, act out in the classroom and even become suicidal.

“When parents or couples fight, it affects everyone,” she added. “Family, friends, even the family pet. Statistics show that 83 percent of pets living in homes where domestic violence is present are being abused.”

Installation statistics

Aberdeen Proving Ground, like many military installations, is no stranger to domestic violence incidents. Along with situational violence – a pattern of handling conflicts with violence, which is instigated by female as well as male partners – the statistics are “troubling.”

“We’re a small installation so the numbers elsewhere are much higher but ours are still too high,” Digan said, adding that most police referrals require contact by Family Advocacy.

“Keep in mind that not all domestic violence gets reported,” she said, noting that the police referral numbers over the past three years reveals higher incidences of situational couple’s violence and the domestic case numbers have stayed the same or dropped a little.

“This trend suggests that we need to change the type of treatment intervention programs for our families. If we’re having more couples engaged in violent struggles, such as situational, provoked violence, in which couples will physi-

cally confront each other over a situation; be it finances or what have you, then we have to treat both of them.

“Basically, situational violence is a problem of communication and lack of problem-solving skills and we need to make sure the treatment addresses that situation.”

Substance abuse

Digan said 70 to 80 percent of the incidents reported on post since 2011 involved alcohol.

“Alcohol decreases inhibitions and impairs judgment. Add that to an angry situation and there can be significant conflict and physical abuse because people no longer know how to walk away or take a time out,” she said.

When substance abuse is a factor, service members and family members are referred to the Army Substance Abuse Program for evaluation, monitoring and treatment. Located in Bldg. 2477 at APG North (Aberdeen) ASAP provides clinical services, including testing, prevention and employee assistance.

For more information, call

410-278-3784.

A mirror of society

Domestic and situational violence are not unique to APG, nor to the military or uniformed service members. Issues like domestic violence, substance abuse and sexual assault on military installations mirror larger societal issues seen across the United States.

Combating these issues remains a top priority for Army and Department of Defense leadership. Army leaders continue to voice the importance of fostering a zero-tolerance environment for behaviors contrary to Army Values and holding offenders accountable for their actions.

APG has further strengthened its commitment to supporting victims of sexual assault by opening a new SHARP resource center, one of just twelve Army centers across the service.

Local & National Resources

for victims of domestic violence, child abuse and sexual assault:

- APG Spouse and Child Abuse Reporting: 410-306-2222
- APG Domestic Violence/ Sexual Assault hotline: 410-322-7154
- Harford County Sexual Assault/Spouse Abuse Resource Center (SARC): 410-836-8430 (24 hours)
- Harford County Child Protective Services: 410-836-4713
- National Domestic Violence Hotline: 1-800-799-SAFE (7233)
- Rape, Abuse & Incest National Network (RAINN): 1-800-656-4673; www.rainn.org
- Military OneSource: 1-800-342-9647; www.militaryonesource.com
- Military HomeFront: www.militaryhomefront.dod.mil/

Eagles unfazed by noise during nesting season

Continued from Page 1

and other environmental personnel are already tracking.

These aerial surveys are just a fraction of the work done by Hartzell, her coworker Jessica Baylor, and many of the installation’s tenants to monitor the APG’s bald eagle population.

From workforce education, to population and nest tracking, to protection and responding to downed eagles, installation personnel work diligently to protect the nation’s symbol of freedom right here on APG.

Monitoring the population

In the 1970s, the APG bald eagle population wasn’t monitored or tracked with much detail, mainly due to its small numbers. There was just one documented nest on post in 1977.

“When we started seeing the birds reappear and come back to the Chesapeake Bay Area in the 1980s, we began more intensive surveys in consultation with the U.S. Fish and Wildlife Service,” Hartzell said.

By the mid-1980s, a database of eagle population information was created, keeping tabs on where the birds were nesting and, unfortunately, how many were found injured or deceased.

“We have miles and miles and miles of power lines to support our mission and support our infrastructure,” she said. “These are big birds; they’re not terribly maneuverable with their long wings, and unfortunately they tend to hit the power lines.”

By 2002, a spike in eagle fatalities initiated a need to call in the U.S. Fish and Wildlife Service (FWS). At that time, the bald eagle was still listed as an endangered species and while it was delisted in 2007, it still remains federally protected.

“As a federal agency, we have to consult with the [Fish and Wildlife] service any time there’s an activity we think could impact the species, so we did,” Hartzell said.

After analyzing information about APG’s eagle population and mission activities, the FWS provided APG with a biological opinion, a legally-binding document, which outlined risks to eagles and requirements for monitoring and protecting the eagle population on post, at which point the data collection and monitoring of the eagle population was standardized across the board.

As part of the installation’s agreement with the FWS, APG agreed to bury power lines in select areas.

“It’s extremely expensive to bury power lines, but we have done so on some really hot areas for line strikes. Spesutie Island’s power lines are almost entirely underground now,” Hartzell said.

Reflective “flappers” that swivel in the wind were installed on many power lines that that remain above ground to make the lines more visible to the birds. According to Hartzell, the combination of line burials and line markers has “reduced the number of line strikes” significantly.

Population growth and territory

With countless miles of relatively undisturbed shoreline along the Chesapeake Bay, Gunpowder River and Bush River, APG is an ideal habitat for bald eagles.

The birds normally nest no more than a quarter mile from a large body of

water, preferably right along the shoreline so they have access to their prey of choice: fish.

Between a species-wide population growth and efforts to minimize power line strikes on the installation, APG’s bald eagle population began to grow considerably.

“It really took off in 2005 and 2006. And then it increased again around 2011,” Hartzell said. “By 2014, last year, we had 50 active nests.”

Since 2011, the population growth has slowed but Hartzell says this is not worrisome.

“We think, and we hope, that we’ve hit our carrying capacity for eagles and we’re not going to see a huge increase again, in the number of nests at least,” she said. There are only so many trees and so much land for eagles to claim as their territory.

According to Hartzell, habitat availability remains the biggest threat to the species.

“The availability of habitat will always be the limiting factor for their growth and expansion,” she said. “You’ll see on the eastern shore of Maryland particularly, and north and south of us, a lot of shoreline development and that’s what will limit the number of eagles that we have [in the region.]”

Limiting habitat means eagles lay claim to territory, which can turn violent.

“As with many animal species, the more individuals you pack into a small area, the more they’re going to fight,” Hartzell said. “We get a lot of observations of eagles tangling, dropping to the ground almost. We’ve picked up injured birds that have obviously been in fights with other eagles. They have punctures on their heads that can only come from another talon.”

Hartzell said the uptick in fighting and documented injuries as a result also indicates APG’s bald eagle population has reached its upper limits.

“We’ve seen a lot of [fighting] the past four or five years, so we know we’re reaching our carrying capacity. They will level themselves out. There’s only so much room and so many trees.”

Injured birds

When the DPW Natural Resources Branch receives a report of an injured eagle, they capture the bird – if it is safe to do so. They then personally transport the bird an hour north to Tristate Bird Rescue in Newark, Delaware. Once at the rescue, the bird’s injuries and overall health are assessed and it receives treatment and rehabilitation. Tristate is also equipped to euthanize birds that cannot recover from their injuries.

“I think it [the ability to euthanize] is very important,” Hartzell said. “Personally, I like to know that if nature can’t take its course, then we can at least humanely put down a bird that is suffering. To take an adult bird, who has been flying around the bay its entire lifetime and to throw it into a cage...there are enough in captivity for educational purposes. We just like to know they’ll be treated humanely.”

Eagles that can be rehabilitated are released back into the wild at APG whenever possible.

“We’ve had several cases where they’ve rehabbed the bird and given it back to us to release. That’s always a good story,” she said. “We go pick it up, drive it back here and release it.”

Most recently, in 2011, an eagle was

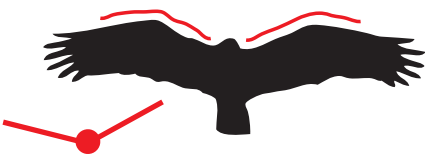
Spotting Bald Eagles

APG Eagle Compliance Manager Lynda Hartzell offers these tips for spotting a bald eagle:

- On post, it’s relatively easy to spot a bald eagle during the winter months – if you’re outside near the shoreline, all you have to do is wait.
- For installation personnel who don’t have access to the APG shoreline, head to Top of the Bay. Not only are there unobstructed views of the bay from the ballroom, but you can stay inside – where you’ll be warm and won’t disturb the eagles.
- Off post, Conowingo Dam is an excellent place to see bald eagles along the Susquehanna River.
- Regardless of location, early morning is the best time to spot an eagle as they’re just coming off their perch and looking to hunt.
- Immature bald eagles don’t have the tell-tale white head and tail, and APG’s immature bald eagle population is quite large. Look for a bird with brown feathers streaked with white.
- To tell an immature bald eagle and a vulture apart, look for birds with a broad, flat wing shape as they soar. Vultures soar with their wings in a subtle V shape, while bald eagles soar with their wings flat and often flap their wings vigorously.



Bald Eagle in flight



Turkey Vulture in flight

found on the ground with an electrical burn, an obvious marker of a power-line strike, Hartzell said. The bird was transported to Tristate where its burns and irregular heart beat were tended to. It was then transported back to APG South and released on one of the ranges.

Balancing Army missions with bald eagle protection

While APG is home to shoreline that serves as ideal habitat for bald eagles, it is also home to unique – and noisy – activities that one could assume to be bothersome to nesting eagles.

The U.S. Army Test and Evaluation Command’s Aberdeen Test Center operates on the vast majority of the installation’s acreage, conducting countless testing operations simultaneously. Many of APG’s 50+ active eagle nests reside on active ATC test ranges.

“You go right down the end of a firing range and you don’t even need a telescope; the nest is that close,” Hartzell said.

According to ATC Environmental Engineer David Goad, who monitors the nests on ATC test ranges, the noise isn’t disruptive to the nesting eagles.

“From watching how the birds react, the noise itself doesn’t seem to bother them as much as you or I walking nearby, because they would think we’re there to harm them, versus just a sound they hear,” Goad said.

“It’s like anything else – you get acclimated to it over time. Some of the birds have been here for 15, 20 years; if you’ve heard booms for 15 to 20 years you’re probably used to it.”

Because the eagles have adjusted to the noise level on APG, successful nesting occurs concurrently with the successful execution of APG’s test and evaluation missions.

“We are still able to successfully protect the species and do what we need to do as an Army installation. That’s evidenced by not only the numbers we’re seeing, but the locations we’re seeing the nests, right off the test ranges,” Hartzell said.

Goad said test schedules aren’t greatly impacted by bald eagle nesting season. If a situation arises in which it’s believed testing might be disruptive to the birds, Goad and Hartzell monitor the eagles closely.

“A high percentage of APG’s eagle nests are in our range areas, so we have a vested interest in protecting the nests and maintaining

our operations,” Goad said. “We keep an eye on all of the tests we’re doing that might have any sort of interaction with birds or nests, but for the most part, we can do everything we’d normally do and not bother them.”

Goad said he and other members of the ATC Environmental Division have used cameras to monitor nests particularly close to active testing to ensure testing is in fact not bothering the birds. He said it also provides an opportunity to educate the ATC workforce about the birds ATC goes to such lengths to protect.

“The success of the eagle program at APG is due in large part to the cooperation and commitment of the tenants” Hartzell said. “Stewardship is a shared responsibility. The folks that work on the ranges are particularly helpful with reporting downed birds and anecdotal observations.”

Impact beyond APG

As a result of a positive working relationship with the FWS and extensive historical data outlining the eagle population and the impact – or lack thereof – of APG activities on the nesting birds, APG has some flexibility in terms of managing and protecting the eagles, Hartzell said.

It’s that flexibility that has helped to maintain and nurture a successful population alongside APG’s many missions, and that impact is being felt beyond the gate.

“What we’re doing on the installation to protect the eagles is impacting birds as far north as Labrador, Canada and as far south as Florida,” Hartzell said. “We’re having birds come to us from such great distances to either spend the winter or the summer. That’s pretty wild to see.”

Over the course of the next few months, Hartzell and Goad will continue to monitor APG’s bald eagles during the current nesting and egg-laying season. By early April, they will have an idea of how many of the 85 identified nests will produce eggs and how many of those eggs will hatch successfully.

Check back with the APG News and on the APG Facebook page at www.facebook.com/APGMD for updates on this year’s bald eagle nesting season.



APG Bald Eagle Nesting Season Timeline

Nest Building:
Mid-December



- A nest can measure up to 10 feet across and weigh half a ton.
- It’s common for a nesting pair to build two nests early in the season, and then choose one to lay eggs in.
- Nests are built no more than a quarter of a mile from the shoreline.
- Eagles often return to the same nest each year.

Egg Laying & Incubation:
Late February



- Eagles lay their eggs between mid-February and mid-March.
- Usually, they lay one or two eggs. If they’re particularly healthy or it’s a mild winter, they might lay three.
- The eggs are incubated for just over a month.

Hatching:
Early to mid-April



- The eggs will hatch in early to mid-April.
- The eaglets will be dependent on their parents for food, warmth and protection for nearly three months.

Fledging:
Early Summer



- The eaglets will fledge, or leave the nest, at about 12 weeks old.
- As they prepare to fledge, they will stretch and flap their wings vigorously.
- While eaglets improve their flying skills they will still depend on their parents for food and often don’t venture too far from the nest.

Independence:
Late Summer



- The immature eagles continue to grow, developing their flying and foraging skills.
- By the end of the summer, the bond between the adult and immature eagles will begin to fade.
- Immature eagles spend the next four years of their lives developing and establishing a territory. By five years of age, they are ready to find a mate.

Courtesy photos <http://www.fws.gov/>

Surviving a lengthy deployment

By **STACY SMITH**
APG News

Surviving a loved one's deployment can be a challenge for everyone at home. Even family members who have gone through many separations say that time apart is still difficult to process.

Lengthy TDY can also pose many of the same challenges. Juggling responsibilities and roles amidst the day-to-day life of school, work and home is often more difficult when your partner or loved one is no longer by your side to share in these duties or offer support.

However, Army spouses and family members develop creative, loving ways of coping with the stress and anxiety that comes with each deployment.

"With three deployments in our twenty-eight year military career, each deployment after the first one prepares you a little more on ways to strive on," said Dianne Crawford, wife of APG Senior Commander Maj. Gen. Bruce T. Crawford.

Being prepared

Crawford suggests that preparing yourself for an approaching deployment can help your family cope with separation when it comes. Preparing together before he or she leaves can strengthen the bond between you.

"Be prepared; your spouse or service member is essential to help you organize and be ready before they leave," Crawford said. "Establish a list of contact numbers of people in the unit, key contacts in the organization. Ask questions. Meet and get to know other spouses who will be sharing the same experience. Maintain a connection with at least one other spouse and someone in the organization who you can call periodically."

Other preparation tips before/during deployment:

- Keep a routine and maintain a schedule. Staying busy allows time to go by faster.
- Stay physically active.
- Reach out to loved ones and let them know you may need their sup-

port over the coming weeks and months. Let them know how they can best support you during hard times - whether it's a hug, phone call or night out.

- Search the local area for military family support groups.

- Go easy on yourself. Have cereal for dinner one night or order in. Ask a friend for help or call a babysitter and give yourself a break from childcare. Remember, no one feels at their best all the time.

Talking to children

Crawford also suggests talking to your children about the impending separation; checking in with them to see how they are feeling and what they think about mom or dad's absence may increase their resiliency during times of stress.

"Deployments affect children in different ways at any age. Army Community Services (ACS) is a great resource. Talk to your children frequently about the deployment...what it going to happen in the coming months and help them deal with their emotions," Crawford said.

Other creative ways to help kids deal with deployments include:

- Make an "All About Mom/Dad's Deployment Wall." Include a map so that your child can see where mom or dad is in the world. Or include two clocks in two different time zones.
- Help children make a "spe-



cial moments" keepsake box or scrapbook where they can store memories they want to share with their parent when he or she returns. Include items like photos, awards and artwork.

- Craft a deployment c o u n t d o w n calendar that helps a child track the number of days until they are reunited with their parent.

- Allow your child to include a letter or memento inside their parent's Army care package.

Staying in touch

"Technology, [such as] Skype and online videos, are great ways to stay connected, when available and possible," Crawford said.

Apps such as "Couple" and "mymilitarylife" are free and available to anyone with a smartphone or internet access.

"Couple" features real-time messaging and video share, chat, a private timeline to build shared history, 'thumb-kiss', which allows users to touch their phones' screens simultaneously and produce a vibration, and games and drawings that can be done together from thousands of miles away.

"Mymilitarylife" was created by the National Military Family Association and helps users manage deployment, as well as career and school decisions, moving, and transitioning out of the military.

Additionally, popular websites like Pinterest and personal Army spouse blogs are chock full of ideas to help fam-

ilies survive time apart.

Although technology is a great, convenient way to stay in touch, sometimes an old-fashioned hand-written note can do wonders to remind a deployed family member how much you care and think about them.

Erica Hamblen, wife of Lt. Col. Stewart Hamblen, is a fan of this style of communication when her husband is deployed.

"One thing I have done for each deployment is to buy a stack of cards - all types, funny, romantic, etc.," Hamblen said. "I buy enough to send one card for every week of the deployment."

"I mail out one card per week and always on the same day; in it I maybe put a photo or just some little tidbit of what was going on that particular day."

Hamblen says it's the little aspects of living together that she misses most when her husband is away.

"Despite being able to talk on the phone or video chat I feel that it is the very small day-to-day interactions I miss the most with my husband, and so by sending the cards weekly I try to capture some of that," she said. "There is an added bonus that my spouse almost always has something when it is time for mail call! I also get a kick out of seeing the stack of cards dwindle, nice little visual representation of the fact our separation is almost at an end."

Other ways of staying connected during deployments or long separations include:

- Give them something of yours to cuddle or touch. A shirt, a stuffed animal, or pillowcase are all good options.
- Surprise them with an item that smells like you. Smell is a powerful sense that triggers memory and stimulates an emotional response.
- Make a special gift that includes an inside joke or memory shared that only the two of you understand.

Various resources offer more information about family support and deployment assistance, including www.armyonesource.com.

How are we doing? E-mail comments and suggestions for the APG News to the editor at usarmy.apg.imcom.mbx.apg-pao@mail.mil

MARK YOUR CALENDAR

events&town halls

WEDNESDAY MARCH 4 EMPLOYMENT RESOURCE DAY & EXPO

Meet with local employers and employment assistance specialists during the Employment Resource Day & Expo, 11 a.m. to 2 p.m. at the APG North (Aberdeen) recreation center, Bldg. 3326, Erie Street.

This event is open to all job seekers. Business attire is recommended.

Drivers not in possession of a government ID card will need to provide a driver's license, vehicle registration, proof of insurance and building information at the visitor center located at the MD 715 gate.

This event is presented in partnership with the ACS Employment Readiness program, the Department of Labor, Licensing & Regulation, Local Veterans Employment Representative (LVER), Susquehanna Workforce Network (SWN), and the APG Military Personnel Office (MILPO)/ Directorate of Human Resources.

For more information, contact the ACS Employment Readiness Program manager at 410-278-9669/7572.

TUESDAY MARCH 10 APG NATIONAL PRAYER LUNCHEON

You are cordially invited to attend the APG 2015 National Prayer Luncheon that will be held at Top of the Bay, 11:30 a.m. This year's theme will be "Discovering God, Celebrating Life, and Serving Others. Reverend Dr. Leroy Gilbert, former Chief of Chaplains for the U.S. Coast Guard, will serve as the keynote speaker. Gilbert presently serves as the Senior Pastor of the Mt. Gilead Baptist Church in Washington, D.C. The event will be hosted by APG Senior Commander Maj. Gen. Bruce T. Crawford.

WEDNESDAY MARCH 25 FEDERAL WOMEN'S PROGRAM – WOMEN'S HISTORY MONTH TRAINING PROGRAM

The 25th annual Women's History Month Training Program hosted by the Federal Women's Program will be held 8 a.m. at the Mallette Auditorium, Bldg. 6008.

This year's theme is "Weaving the Stories of Women Lives," and the guest speaker is Yolanda Maria Martinez, CEO of Respira Medical.

For more information, contact Liz Young at 410-278-1392 or Teresa Rudd at 410-436-5501.

ONGOING THROUGH 2015 RETIRING SOON? UNCLE SAM WANTS TO THANK YOU!

Are you an APG Soldier or civilian nearing retirement from government service? Consider participating in the monthly Installation Retirement Ceremony.

The APG Garrison hosts the event the fourth Thursday of each month –except November – and the first Thursday in December, at the Dickson Hall (Ball Conference Center).

Also, awards and decorations are presented to retirees and their spouses.

All Soldiers and civilians are eligible to participate in the Installation Retirement Ceremony regardless of unit or organization.

This is a program designed to thank retiring personnel for their loyalty and perseverance and for the sacrifices they endured while serving the nation. Retirees are encouraged to participate and to share this day with family members and friends.

After all, Uncle Sam wants to thank you. Don't you think you've earned it?

For more information, contact Lisa M. Waldon, Garrison Training Operations Officer, at 410-278-4353 or email lisa.m.waldon.civ@mail.mil.

meetings&conferences

THURSDAY FEBRUARY 26 RESTORATION ADVISORY BOARD MEETING

The next Restoration Advisory Board (RAB) meeting will be held at the Ramada Conference Center in Edgewood at 7 p.m. Topics to be discussed will be a review of calendar year 2014 IRP activities, plans for calendar year 2015, an update on the Bush River Study Area

and the Long-Term Management sites at APG.

For more information, contact Karen Jobes at karen.w.jobes.civ@mail.mil.

MONDAY MARCH 2 APPLYING FOR FEDERAL EMPLOYMENT WORKSHOP

Come learn about the 10 steps to federal employment during this workshop to be held 10 a.m. to 2 p.m. at Army Community Service Bldg. 2503. Bring your lunch. Registration is required.

- Go to: www.mwejobs.maryland.gov
- Create a User Account
- Go to Events Calendar (on the left hand side) Move forward to Monday, 2 March 2015
- Click on "APG How to Apply for Federal Jobs"
- Click on Register:

For more information, call 410-996-0572.

WEDNESDAY MARCH 25 HOW TO SMART START YOUR SMALL BUSINESS

In honor of Women's History Month, Army Community Service will host a Powerful Women in Small Business seminar 11:30 a.m. to 2 p.m. at Top of the Bay, Bldg. 30. Attendees can purchase lunch for this one-day event. Future How to Smart Start Your Small Business sessions will be held at ACS Bldg. 2503, Highpoint Road 11:30 a.m. to 1 p.m., May 13, Aug. 12 and Nov. 4.

To register, contact the ACS Employment Program manager at 410-278-9669/7552. For more information, visit the ACS website on www.TeamAPG.com.

FRIDAY & SATURDAY MAY 1 & 2 VETERANS LEGAL CAREER FAIR

Registration is open for employers and candidates for the Veterans Legal Career Fair to be conducted over two days at the Marriott Metro Center in Washington, D.C.

The event is meant for experienced lawyers who have served in the military or are transitioning out of military service. The event includes panel presentations, a networking reception and a full day of one-on-one interviews.

Candidates should register by March 27 while employers are encouraged to register by March 13.

Any lawyer who has served or is serving in any branch of service in any capacity can register to attend. Military spouses who are lawyers also are eligible.

The goal of the Veterans Legal Career Fair is to help veterans find jobs and to help top employers gain access to a pool of first-rate candidates who have received unique training, skills and legal insights through their military service.

For more information or to register, visit www.veteranslegalcareerfair.com

health&resiliency

THROUGH FEBRUARY 29 NATIONAL ALLIANCE ON MENTAL ILLNESS (NAMI) HOMEFRONT INTEREST SURVEY

The Army Community Service Exceptional Family Member Program requests members of Team APG respond to an interest survey to bring a NAMI Homefront course to APG.

NAMI (National Alliance on Mental Illness) Homefront is a free educational program for family, friends and significant others of military service members and veterans showing diagnosed or undiagnosed mental health conditions. It focuses on the unique needs of military and veteran communities, such as post-deployment and post-discharge transitions. The course is designed to help participants understand and support their loved one while maintaining their own well-being.

The course is free and open only to family members/caregivers of service members/veterans who are dealing with PTSD and mental illness (or showing signs.)

Survey responders should indicate:

- Name and emails of interested participants**
- Location preference: on or off post**
- Preferred Schedule: Six consecutive days (6:30 to 9:00 p.m.); Two Saturdays (9 a.m. to 5 p.m.); or six consecutive weeks (Week-day, weekend, no preference; and morning, afternoon, or evening).**

Those interested in bringing the program to APG and attending the program should send their survey responses to Nancy Goucher, EFMP program manager, no later than Feb. 29 by emailing nancy.e.goucher.civ@mail.mil.

THURSDAY MARCH 26 PREVENTATIVE CARE INFO SESSION

The C4ISR Wellness Committee will host a Preventative Care Informational Session to explore the importance of maintaining a healthy lifestyle 11:30 a.m. to 12:30 p.m. at Bldg. 6001, second floor, room 224 on the C4ISR campus.

The session is open to military service members, civilians and contractors. C4ISR Slim Down Participants should bring their wellness activity rosters to credit attendance and sign the session sign-in sheet.

For sign language interpreters or other disability-related accommodations, contact the CECOM EEO Office at 443-861-4355 by March 12.

For more information or to request VTC connections, contact Tiffany Grimes at 443-861-7901 or tiffany.l.grimes.civ@mail.mil.

ONGOING THROUGH APRIL 17 INSTALLATION SLIM DOWN CHALLENGE UNDERWAY

The Installation Slim Down Challenge kicked off Jan. 20 and runs through April 17. The challenge encourages individuals to stay active and pursue their fitness and weight goals in keeping with the Army Performance Triad. APG units and organizations are encouraged to start their own groups to compete for the Slim Down Challenge Tenant of 2015 award. Personnel can also compete individually.

Participants can take advantage of MWR fitness classes including special Slim Down Boot Camp classes held each Monday, 11:30 a.m. to 12:30 p.m. at the APG North (Aberdeen) recreation center. Visit www.apgmwr.com for class schedules at APG North (Aberdeen) and South (Edgewood) facilities.

For more information, contact Capt. Joanna Moore, APG Performance Triad Action Officer, at 410-278-1773 or joanna.t.moore@us.army.mil.

ONGOING THROUGH 2015 2015 CPR, AED CLASS SCHEDULE

The APG Directorate of Emergency Services has announced the CPR/AED class schedule for 2015. Classes are open to the entire APG community.

- March 18** – APG North (Aberdeen) Chapel, Bldg. 2485 – 9 a.m. and 1 p.m.
- April 22** – APG South (Edgewood) Conference Center, Bldg. E4810 – 9 a.m. and 1 p.m.
- May 20** – APG North (Aberdeen) Chapel, Bldg. 2485 – 9 a.m. and 1 p.m.
- June 17** – APG South (Edgewood) Conference Center, Bldg. E4810 – 9 a.m. and 1 p.m.
- July 15** – APG North (Aberdeen) Chapel, Bldg. 2485 – 9 a.m. and 1 p.m.
- Aug. 19** – APG South (Edgewood) Conference Center, Bldg. E4810 – 9 a.m. and 1 p.m.
- Sep. 16** – APG North (Aberdeen) Chapel, Bldg. 2485 – 9 a.m. and 1 p.m.
- Oct. 21** – APG South (Edgewood) Conference Center, Bldg. E4810 – 9 a.m. and 1 p.m.
- Nov. 18** – APG North (Aberdeen) Chapel, Bldg. 2485 – 9 a.m. and 1 p.m.
- Dec 16** – APG South (Edgewood) Conference Center, Bldg. E4810 – 9 a.m. and 1 p.m.

For more information, contact Mike Slayman at 410-306-0566.

family&children

ONGOING THROUGH MARCH 1 JUNIOR SOLAR SPRINT REGISTRATION

Junior Solar Sprint (JSS) registration still has availability for ten more teams! Registration will close on March 1. Open to students in 5th – 8th grades, teams of two to three students use FREE solar kits to design, build, and race electric cars.

The APG JSS competition will be held on April 11, from 7:30 a.m. to 3 p.m. at the Team APG STEM and Education Outreach Center. The winning team will

receive paid competition entry, travel and lodging for the 2015 national competition in Dallas Texas, June 28 - July 2.

For more details, and to register, visit <http://www.usaep.com/programs/competitions/jss/>

miscellaneous

ONGOING THROUGH APRIL 2 2015-16 SENIOR SERVICE COLLEGE FELLOWSHIP PROGRAM ACCEPTING APPLICATIONS

The U.S. Army Acquisition Support Center is currently accepting applications for the 2015-16 SSCF program through April 2. The SSCF Program is a 10-month educational opportunity conducted under the auspices of the Defense Acquisition University (DAU) at Aberdeen Proving Ground, as well as Huntsville, Alabama and Warren, Michigan.

The SSCF program prepares government civilians at the GS-14/15 levels or equivalent for senior leadership roles by providing training in leadership and acquisition. Program components include completion of DAU's Program Management Course (PMT 401), courses in leadership, applications of acquisition to national defense issues, research in acquisition topics, mentoring, and a distinguished speaker program.

For complete program information and application requirements, please visit: <http://asc.army.mil>. For APG specific program information, please visit: <http://www.dau.mil/sscf/Pages/apg.aspx>

For more information about the program, contact Jim Oman at james.oman@dau.mil or 410-272-9470.

ONGOING THROUGH APRIL 28 AMERICAN SIGN LANGUAGE CLASS

The basic and advanced American Sign Language Class that began Feb. 3 runs through April 28. Class is held 11:30 a.m. to 12:30 p.m. each Tuesday at Bldg. E3330-31, room 270 in APG South (Edgewood). This class is free of charge and students can bring their lunch. The text book "ABC, A Basic Course in American Sign Language" is needed for the course.

To register, or for more information, contact BethAnn Cameron at 410-436-7175 or Instructors Pat Reeves and Randy Weber at 410-436-8546.

ONGOING THROUGH 2015 MOTORCYCLE SAFETY COURSES

Training schedules have been set for the 2015 Local Hazards Course and Intermediate Driver's Course. Training will be held in Bldg. 4305 Susquehanna Avenue, room 243A.

Attendees must register online at AIRS through the www.TeamAPG.com web site at <https://apps.imcom.army.mil/airs/>.

Local Hazards Course:

This is a 30-minute course is for personnel who are new to APG. It is a mandatory course for all APG service members, family members, DOD civilians, and contractors who are licensed motorcycle drivers. Those on temporary duty (TDY) at APG for more than 30 day also are required to take the course. Additional classes will be added as needed.

- Course time: 7:30 to 8 a.m. and 8:15 to 8:45 a.m.
- Course dates: March 19; April 23; May 21; June 18; July 9; Aug. 13; Sept. 17; Oct. 8; Nov. 12; and Dec. 10.

Intermediate Driver's Course:

This two-and-one-half hour course builds on themes introduced during the Introductory Course 1 taken during basic and advanced individual training. This course is mandatory for service members age 26 and younger and may be used to satisfy the remedial defensive driving course. Additional classes will be added as needed.

- Course time: 9 to 11:30 a.m.
- Course dates: March 19; April 23; May 21; June 18; July 9; Aug. 13; Sept. 17; Oct. 8; Nov. 12 and Dec. 10

For more information, contact H. Mike Allen at the Installation Safety Office at 410-306-1081 or horace.m.allen.civ@mail.mil.

MORE ONLINE

More events can be seen at www.TeamAPG.com

Mediation saves time, work relationships

By **RACHEL PONDER**
APG News

People who work full-time often spend more time with their coworkers than with family and friends. Healthy working relationships ensure that time is pleasant and productive. But what happens when a dispute with a coworker or supervisor threatens that working relationship?

Mediation might be the answer. Mediation is the Army's preferred method of Alternative Dispute Resolution (ADR) to address workplace disputes.

During mediation a trained, neutral mediator listens to both parties and facilitates discussions toward solutions that work best for everyone. At APG, all mediation sessions are voluntary and confidential.

Over the last two years, mediation has had a 70 percent success rate across the Army, according to the Department of the Army Headquarters, meaning both parties settled on an agreement and litigation was not needed.

According to ADR Mediation Program Advisor Ria Johnson, mediation has many advantages.

One clear advantage is that mediation saves the employee and government time and money, she said. On average it takes about three months for a dispute to

I recommend people consider mediation before litigation. Litigation can take over a year and meanwhile the problem is still simmering.

Ria Johnson
ADR Mediation Program Advisor

be resolved through ADR. The average Equal Employment Opportunity (EEO) case takes at least a year before a decision is made by an administrative judge. In addition to saving time and money, mediation can also save working relationships, Johnson said. This results in improved morale and productivity in the workplace.

"I recommend people consider mediation before litigation," Johnson said. "Litigation can take over a year and meanwhile the problem is still simmering."

During a recent APG mediator training, U.S. Army ADR Program Director Marc Van Nuys said mediation empowers employees by giving them ownership of the outcome.

"Mediation is quicker, cheaper and much more flexible," he said. "It gives both parties control over the outcome of

their dispute, which litigation does not."

Johnson said while there are many advantages to ADR, mediation does not replace formal complaint processes including EEO and the U.S. Merit Systems Protection Board (MSPB).

"Our mediators also provide mediations for the APG EEO office and we work together to provide alternative dispute resolutions," Johnson said.

"Employees do not give up any rights by using mediation. If mediation does not result in an agreement, you remain free to pursue the matter further under the appropriate grievance, discrimination complaint or other procedure," she said.

The ADR Program began as a pilot program by the APG Civilian Personnel Advisory Center in 2010. Currently, there are more than 30 certified mediators on post. All mediators are govern-

ment civilian volunteers who receive ongoing communication and negotiation training.

"Mediators are interested in helping people solve issues and misunderstandings," Johnson said. "And they value confidentiality."

Arranging mediation

Government civilians, contractors and Soldiers can request mediation, however contractors cannot request mediation for a dispute with another contractor and Soldiers cannot request mediation with a fellow Soldier.

Those who are interested in mediation can contact an ADR specialist who will coordinate the mediation with the disputants and co-mediators, and schedule the time and place for the session.

Mediators are assigned from a pool of trained individuals from APG tenant organizations. The pool allows the program to ensure the mediator never mediates disputes involving their own organization and reduces the possibility of a conflict of interest.

Participation in mediation is strictly voluntary and confidential. Mediation may last from four to eight hours and can be held in several sessions.

For more information about the APG ADR program, or to request mediation, call 410-306-0512.

Cohort hosts 'Fast Match' mentoring event

By **TRACI FLEMONS**
and **KELLI CREDLE**
APG Emerging Leadership Cohort

As part of National Mentoring Month, APG's Emerging Leadership Cohort (ELC) hosted its inaugural Fast Match Mentoring Event at Ruggles Golf Course Jan. 28.

The event brought together a diverse group of mentors and mentees in a speed dating-style format. The attendees were given four minutes to discuss backgrounds and career goals before scoring their partner on both professional and personal compatibility. This format allows for critical face-to-face time to discover connections.

"The Fast Match event makes the mentor and mentee matching experience a more personal one," said Janet Penaherrera, ELC mentorship chair and program analyst for CECOM G8. "Mentees are expressing their gratitude to us for putting the ELC Fast Match event together. I strongly believe the program will be beneficial to all involved."

Gary P. Martin, CECOM deputy to the commanding general, provided the opening and closing remarks.

Martin, an installation proponent for mentorship and professional development, emphasized that "the APG Senior Leader Cohort team has done a great job at developing a set of guidebooks and training material to support a much needed and desired installation wide mentoring program"

"The work conducted by the Emerging Leaders via the Fast Match engagement provided a very efficient and structured way to address one of the remaining challenges – how to facilitate connecting mentors to mentees. Based on the feedback from the Fast Match event, I am confident that this process will be incorporated as a key element of our installation-wide mentoring program," he said.

Abel Salgado, chief of the CECOM Material & Management Division for the Logistics and Engineering Operations Directorate, and Liz Miranda, G8 director and ELC board mentor, also were in attendance.

ELC is an organization created by personnel who have completed the APG Emerging Leaders Program. The first ELC general body meeting was held Oct. 30, 2014 and the group continues to accept



Courtesy Photo

From left, mentor Thomas J. Hertl CECOM LRC Chief, Knowledge Operations and Innovation, speaks with mentee Dr. Steven Evans during the Emerging Leadership Cohort Fast Match mentoring event at Ruggles Golf Course Jan. 28.

new members as each group of Emerging Leaders graduates.

For more information about the Emerg-

ing Leadership Cohort, or to serve as a mentor at the next Fast Match event, email usarmy.apg.cecom.mbx.elc@mail.mil.

WORD OF THE WEEK

Insouciance

Pronounced: in-SOO-see-uh ns

Part of Speech: Noun

Definition:

1. a relaxed and calm state; a feeling of not worrying about anything; lighthearted unconcern; nonchalance
2. the quality of being insouciant; lack of care or concern; indifference

Use:

- She wandered into the meeting with complete insouciance to the fact that she was late.
- He brushes off boos, taunts and jeers with a supreme insouciance.
- Insouciance seems less likely when the starting point is much higher debt.
- You could not tell by his insouciant demeanor that he was a very troubled man.

By **YVONNE JOHNSON**, APG News
Source: <http://dictionary.reference.com>

ACRONYM OF THE WEEK

SNMG1

Standing NATO Maritime Group 1



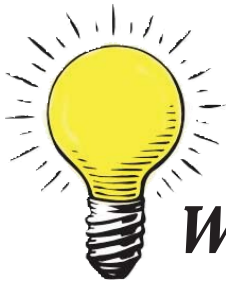
SNMG1 is one of the North Atlantic Treaty Organization's standing maritime Immediate Reaction Forces and is a component of the NATO Response Force (NRF).

The force operates, trains and exercises as a group, providing day-to-day verification of current NATO maritime procedures, tactics and effectiveness. Group members – consisting of the U.S. Navy, the Royal Canadian Navy, the German Navy, and the Royal Netherlands Navy – are attached for six months on a rotating basis and contribute a total of four to six destroyers and frigates per tour.

In peacetime, the force exercises primarily in the eastern Atlantic. Allied Command Operations (ACO) has operational command of the force, and the Commander Allied Maritime Component Command Northwood administers the force while in the Eastern Atlantic. ACO delegates operational control to the area commander where the force is operating.

The force commander and the staff are appointed for one year, with the force commander rotating among the participating nations. Since May 2013, the force is under the command of Norwegian Commodore Henning Amundsen.

By **YVONNE JOHNSON**, APG News
Source: www.nato.int



Have a great idea for a story?

Know about any interesting upcoming events?

Wish you saw more of your organization in the paper?

The APG News accepts story ideas and content you think the APG community should know about.

- Story ideas or content must be geared toward the greater APG community and cannot appear to endorse any private company.
- The deadline for content to appear in an upcoming issue of the APG News is the **Thursday PRIOR** to publication. The APG News cannot guarantee submissions received after the Thursday prior to publication will appear in the next issue of the paper.
- Send story ideas or pre-written content to amanda.r.rominiecki.civ@mail.mil or call 410-278-7274 for more information.
- Please note, the APG News editor reserves the right to (1) reject any content deemed inappropriate, irrelevant or against regulation, (2) delay the publication of submitted material if it is not timely and (3) edit or shorten content for space and style reasons without altering the meaning of the submission.

APG hosts DCGS-A industry day

By **JESS SMITH**
PM DCGS-A

Project Manager Distributed Common Ground System – Army (DCGS-A) and the CERDEC Intelligence & Information Warfare Directorate (I2WD) hosted an industry day Jan. 20 at APG which focused on technologies to be developed within the DCGS-A and I2WD framework centered around DCGS-A Increment 2.

More than 450 industry and government representatives participated in briefings to discuss the way forward for the Army’s intelligence program.

“This collaborative event was an opportunity for our government team to provide industry with a status update and path forward regarding the DCGS-A Increment 2 competitive contract process,” explained Stephen Kreider, Program Executive Officer for Intelligence, Electronic Warfare and Sensors (PEO IEW&S). “We are still in what we would consider to be the early stages of this process and we want to make sure industry is involved at every step of this path toward our next increment.”

During the briefings and discussions representatives from small and large companies were able to obtain information regarding the requirements, technology capability focus areas, program hardware and software, ease of use, sustainment and the timeline for the acquisition process. There also were two panel discussions focused on cyber and data architecture.

After the morning sessions, the government team set aside multiple days to ensure an open dialogue with industry. More than 60 companies requested a one-on-one session with the government to increase understanding of government requirements and enable better understanding between government and industry.

“It was very evident to me from the interaction we’ve had already that our industry partners are supporting this effort and are determined to help us move to the next increment of our pro-



Courtesy photo

More than 450 industry and government representatives participated in a Distributed Common Ground System - Army (DCGS-A) Industry Day on APG North (Aberdeen) Jan. 29, discussing the way forward for the Army’s intelligence program.

gram to provide the best capabilities to our intelligence mission,” said Col. Robert Collins, DCGS-A project manager

Collins provided an overview briefing of the DCGS-A system of systems and acquisition notional concepts that may be used for the Increment 2 contract. He also explained how industry feedback has already been and will continue to be implemented into the acquisition process for the Increment 2 contract.

Lindsay Yowell, chief of the DCGS-A Test and Quality Division, gave the audi-

ence a better understanding of usability principles and the Soldier feedback process to achieve an easier to use product for Increment 2. Ease of use is a key focal point for the DCGS-A program as it transitions from the current fielding to the next Increment.

“The Human System Integration team is solely focused on how to increase usability to help our Soldiers create products that work for them by incorporating Soldier feedback into the development process, and by fol-

lowing general usability guidelines,” Yowell said.

Industry days like the one at APG enable networking not only between the government and industry but also industry to industry. The interactions help to strengthen partnerships as well as highlight industry ingenuity and dedication to Soldiers.

Questions were gathered during the industry day session, and answers will soon be made available on FedBizOpps along with the event’s briefings.

Army EOD techs clear mines found near Texas barn

By **WALTER T. HAM IV**
20th CBRNE Command Public Affairs

Soldiers with the 79th Explosive Ordnance Disposal Battalion destroyed a World War II-era land mine found in Brownwood, Texas Feb. 11.

Army EOD technicians from two Fort Hood, Texas-based EOD companies were called in when an anti-tank land mine was discovered in a dirt roadway by the owners of a home in Brown County.

According to 1st Lt. Brian A. Cowick, the 47th EOD Company operations officer and EOD duty officer on scene, the team found an unstable M6 anti-tank land mine and a spent M1B1 practice anti-tank landmine on the property.

“The (M6) landmine had been shot numerous times over the years,” Cowick said. “This combined with the decomposition of the explosives contributed to the unstable condition of the mine.”

Cowick, who has deployed to Afghanistan and Iraq, said the team used a Thermite grenade procedure to burn the explosives out of the M6 land mine and then disposed of the remains of the mine through a controlled detonation.

To contain the blast, the team constructed a bunker out of nearly 2,000 sand bags. They also evacuated chickens from the barn and a dog from the backyard prior to detonating the device.

The mines were found on a 10-acre lot approximately 100 miles from Fort Hood in central Texas.

Along with Cowick, the EOD techs who cleared the mines were Staff Sgts. Scott C. Cotner and Curtis W. Sigour-

ney; Sgt. Ryan C. McMurray; and Spcs. Amon B. Schoeppey and Steven A. Lovan.

Representing the 79th EOD Battalion’s 75th and 47th EOD companies, the team members had a combined total of seven years of combat experience.

The 79th EOD Battalion is part of the 71st EOD Group, 20th CBRNE Command (Chemical, Biological, Radiological, Nuclear, Explosives), the Defense Department’s only multifunctional formation that combats CBRNE threats around the world.

In addition to deploying for military operations around the globe, the Aberdeen Proving Ground, Maryland-based 20th CBRNE Command supports U.S. law enforcement officials during Defense Support to Civil Authorities (DSCA) missions.

During fiscal year 2014, 20th CBRNE Command EOD Soldiers responded to more than 2,000 calls to identify and render safe unexploded ordnance (UXO), both on and off military installations in the continental United States.

The 79th EOD Battalion covers a vast section of the Lone Star State, conducting military explosive mitigation missions in 186 of the 254 counties in Texas.

Brig. Gen. JB Burton, the commanding general of the 20th CBRNE Command, said the land mine mission was another example of the important role EOD techs play across the nation.

“Our EOD Soldiers are absolute experts at their craft,” Burton said. “Their work ensures the safety of life and property.”



(Left) EOD Duty Officer 1st Lt. Brian A. Cowick from the 47th EOD Company evacuates chickens from a barn prior to a controlled detonation of a World War II-era land mine in Brownwood, Texas, Feb. 11.

(Below) U.S. Army EOD techs constructed a bunker out of nearly 2,000 sand bags to contain the blast from the controlled detonation of a World War II-era land mine in Brownwood, Texas, Feb. 11.

Courtesy photos



Rita Hewitt, Retirement Specialist

By **STACY SMITH**
APG News

As a retirement specialist with the APG Garrison Human Resources Directorate, Rita Hewitt is responsible for coordinating the process for Soldiers transitioning from military to civilian life.

“They’re starting out on a new adventure, a new path,” Hewitt said. “My job is to make sure that process goes as smoothly as possible. I make sure they have all the information they need in order to start that new life.”

Once Soldiers are notified of their voluntary or involuntary separation,

Hewitt schedules required transitional classes given by the Army Career and Alumni Program (ACAP), the Department of Labor and the Department of Veterans Affairs.

During some of these events, Soldiers have the opportunity to meet prospective employers and practice their interview techniques and resume-building skills.

Hewitt counsels Soldiers who are retiring. She said that some retirees begin new careers in the civilian sector, while others choose to retire from working altogether, depending on their financial situation.

“We touch on the financial portion of it. We make sure to give them budget counseling classes,” Hewitt said. “There’s so much information that you need to know in order to make sure that they’re getting the best foot forward.”

Hewitt knows firsthand how difficult the transition from military to civilian life can be. She retired from the military in 2013.

“When you’re actually going through the process yourself, it’s totally different,” Hewitt said. “I’ve been on both sides of the coin. It can be scary, especially if you’re not prepared for it.”

Hewitt said her favorite part of the job is, “Knowing – in some kind of way – that you made a positive, constructive difference in somebody’s life. It feels good when Soldiers come back and tell you that this information you gave them lifted this much weight off their shoulders.”

Hewitt’s office is located in the Transition Center, Bldg. 4305, first floor. For more information, contact Hewitt at 410-306-2323 or rita.p.hewitt.ctr@mail.mil.

All Things MARYLAND

Intricate waterfowl carvings *Museum pays tribute to the art of decoys*



Story and photos by
RACHEL PONDER
APG News

Havre de Grace, Maryland, once internationally known as a top destination for duck hunters, has a museum that houses more than 1,200 decoys and decorative carvings.

Decoys are wooden or plastic birds that were once made for the sole purpose of luring waterfowl within range of the hunter. Over the years decoys have evolved from simple wood carvings to more elaborate pieces that serve as collectible folk art.

The Havre de Grace Decoy Museum consists of three main galleries. On the first floor, “What is a Decoy” examines the various materials used in decoy construction, the species decoys represent and the different regional styles of decoys. Today, hunting decoys are made from plastic or cork because these materials are cheaper than wood.

The “Gunning the Flats” exhibit presents a timeline of waterfowl hunting in the Susquehanna Flats, the 20 square miles of shallow water where the Susquehanna River becomes the Chesapeake Bay. “The Flats” were once rich in aquatic vegetation, which supported a thriving duck population. During the 19th and early 20th centuries, Havre de Grace was especially known for its Canvasback duck population. During this era, these prized ducks were considered a delicacy.

By the 1950s the region saw a decrease in waterfowl due to natural disasters, over hunting and the destruction of wetlands from human population growth. To preserve the environment, hunting is now regulated to protect wildlife, and government agencies are working with private organizations to conserve the wetlands.

In addition to decoys, the “Gunning the Flats” exhibit includes boats called sinkboxes, guns, duck calls and other equipment used for waterfowl hunting.

On the second floor, “Honoring the Masters” showcases collections of wooden decoys made by skilled carvers. Most of the artists featured in this exhibit lived in the region. This floor also houses an extensive research library and a panoramic view of the Chesapeake Bay.

The Havre de Grace Decoy Museum is located at 215 Giles Street. Museum hours are Monday through Saturday, 10:30 a.m. to 4:30 p. m. and Sunday, noon to 4 p.m. Tickets are \$6 for general admission, \$5 for senior citizens (ages 65 and older) and \$3 for youth ages 9 to 18. Children ages 8 and under are admitted free.

Throughout the year, the museum



The Havre de Grace Decoy Museum houses more than 1,200 decoys and decorative carvings.

(Left) Charles “Speed” Joiner, Jr., from Chestertown, Maryland, created these two decoys. Joiner credited Madison Mitchell, a famous duck carver from Havre de Grace, Maryland for teaching him the trade;

(Below) A carving of a loon with babies by Jeanne Hiss, from Reisterstown, Maryland, is displayed in the “What is a Decoy” exhibit in the Havre de Grace Decoy Museum.



hosts several outreach and educational events. May 1-3 the museum will host the 34th Annual Havre de Grace Decoy and Wildlife Art Festival. This event will feature decorative decoys for sale, children’s activities, live and silent auctions, retriever demonstrations, carving competitions and more.

The museum is located next to a park and a promenade that runs a half mile along the edge of the Chesapeake Bay. For more information about the Havre de Grace Decoy Museum and a complete calendar of events, visit www.decoymuseum.com or call 410-939-3739.

BY THE NUMB#RS

February is American Heart Month

Having a healthy heart leads to a longer, happier life.

\$300,000,000+

The cost of cardiovascular disease (CVD) in the U.S. each year, including health care services, medications and lost productivity.

46,000,000

Number of Americans who smoke. Smokers are twice as likely to suffer heart attacks as non-smokers, and are at higher risk of stroke. Visit www.ucanquit2.org to learn how to be nicotine-free in 2015.

1,000,000

Number of heart attacks and strokes the national initiative ‘Million Hearts’ is seeking to prevent by 2017.

150

Minutes the U.S. surgeon general recommends engaging in moderate-intensity activity each week to lower the risk of developing CVD.

65+

Percentage of heart attack victims who experience chest pain, shortness of breath, or fatigue a few weeks or days before the attack. Recognizing the warning signs early can increase the chance of survival.

55

Years since Dr. Robert Goetz performed the first successful coronary artery bypass surgery at Bronx Municipal Hospital.

By **STACY SMITH** APG News

Sources: www.cdc.gov; www.theheartfoundation.org; www.nytimes.com



APG CATCH-A-POACHER PROGRAM

A wide variety of wildlife call Aberdeen Proving Ground home. The APG Conservation Law Enforcement Branch is asking you to be a partner in protecting and preserving the natural resources here on post. If you see or have knowledge of poaching or illegal activity involving wildlife or natural resources, you can use the SUBMIT-A-TIP hotline to anonymously provide information to catch a poacher.

Call the SUBMIT-A-TIP “HOTLINE” at 410-306-4673.

Emergencies or violations in progress should always be reported via 911.

When reporting poaching or illegal activity involving wildlife or natural resources on APG, please take note of the information listed in the form below.

Name/Description/Address of the Poacher

Location/Days/Times & Type of Poaching

Vehicle/Vessel Description or Registration #

You can also cut out this completed SUBMIT-A-TIP form and mail it to:
2200 Aberdeen Blvd. APG, MD 21005

MORALE, WELFARE & RECREATION



Upcoming Activities

SAVE THE DATE 2K COLOR FAMILY FUN RUN SATURDAY, APRIL 18, 2015

Registration is open.
A 2K color run is scheduled for Saturday, April 18 from 9 a.m. to noon in celebration of Month of the Military Child at the APG North (Aberdeen) Youth Center, Bldg. 2522. The event is free. Register online at <https://event-brite.com>.
For more information, contact: Stacie Umbarger at stacie.e.umbarger.naf@mail.mil or call 410-278-2857.
REGISTRATION INFORMATION: Please visit the Parent Central Office, Bldg 2503 Highpoint Road, second floor, rooms 210/211/209, or call 410-278-7571/7479 to register.

CHILD & YOUTH SERVICES INDOOR SOCCER REGISTRATION THROUGH FEBRUARY 26

Registration is open for the CYSS indoor soccer league. Games begin March 3 and will be held each Tuesday: March 3, 10, 17, 24, 31 and April 7 at 6 and 7 p.m.
AGE: Boys and girls ages 11-14, Age Determination Date: July 31, 2015 (same as fall soccer cut-off)
COST/FEE: \$20
For more information, contact william.m.kegley3.naf@mail.mil or call 410-306-2297.

SPRING SPORTS REGISTRATION THROUGH FEBRUARY 26

Registration is open for spring sports at CYSS Central Registration Bldg 2503, Highpoint Road 7 a.m. to 5 p.m. Monday through Thursday and 8 a.m. to 4 .pm. on Friday.
For more information go to <http://www.apgmwr.com/child-youth-school-services/child-and-youth-sports>.

SAT PREPARATION CLASSES THROUGH MARCH 12, MARCH 26 – APRIL 30

Get ready for the SATs with Sue Fassold, who works with students of all levels to prepare them for all areas of the SATs: Critical Reading, Math, and Writing. Online video chat small-group sessions offered in the Aberdeen Youth Center, Tech Lab.
Winter Session: Every Thursday, through Mar 12, 6-8 p.m. (SAT Test Date: March 14) Winter Session: Every Thursday, March 26 - April 30 (SAT Test Date: May 2)

The preparation class does not include the official exam. Each class is limited to five students per session.
AGES: 14-18 years
COST/FEE: \$225 (this includes the cost of the SAT Prep Book)
For more information, contact Shirelle Womack at 410-278-4589 or shirelle.j.womack.naf@mail.mil.

PRE-TODDLER AGE CDC OPENINGS

Child, Youth and School Services (CYSS) at Aberdeen Proving Ground (APG) offer active duty military, and DOD civilians and contractors a comprehensive program to assist with full-day child care needs.
The APG programs currently have immediate full-time child care openings at the Aberdeen and Bayside CDCs for children aged 13-months-old. Participants must be registered with the Parent Central Office. Fees are based on the total family income.
For more information contact the Parent Central Office at 410-278-7479 or 410-278-7571.

Through Teaching Strategies Creative Curriculum and TS Gold, our installation helps children work with their strengths, interests, and each other, to feel good about themselves, and to grow as individuals. Activities are offered in the areas of oral language, social/emotional, physical, cognitive, literacy, mathematics, science & technology, social studies, arts and English language acquisition. Sign up your child today.

LEISURE TRAVEL SERVICES ROUNDTOP, LIBERTY AND WHITETAIL SKI TICKETS

The following ski ticket packages are available at the MWR Leisure Travel Services:
Weekend/Holiday Extended Lift - \$62
Weekday/Non-Holiday Extended Lift - \$50
All Mountain Package Weekend/Holiday ** - \$100
All Mountain Package Weekday/Non-Holiday ** - \$85
▪ Learn-to-Ski Weekend* - \$80
*Learn to Ski includes Ski/Snowboard rentals, beginner's lesson, and a beginner's 8-hour lift pass.
All Mountain Packages include a lift ticket valid on all lifts, optional class lesson and use of rentals.

MONSTER JAM DISCOUNT TICKETS

Purchase discount tickets to the monster truck show "Monster Jam" to be held at the Royal Farms Arena

in Baltimore. Ticket prices are as follows: \$20 for adults, \$14 for children ages 2 and up. Pit pass is \$12, for 2 p.m. shows only. Tickets are available for the following dates and times:
▪ Friday, Feb. 27 – 7:30 p.m.
▪ Saturday, Feb. 28 – 2 p.m.
▪ Saturday, Feb. 28 – 7:30 p.m.
▪ Sunday, March 1 – 2 p.m.

WASHINGTON CAPITALS TICKETS

Purchase your discount tickets for The Washington Capitals. Home games are played at the Verizon Center, Washington D.C. For pricing and ticket availability contact MWR Leisure Travel Services at the APG North (Aberdeen) recreation center, Bldg. 3326. For more information, call 410-278-4011/4907 or email usarmy.APG.imcom.list.apgr-usag-mwr-leisuretravel@mail.mil

BROADWAY'S "CHICAGO" FRIDAY, MARCH 6

Purchase your tickets for the Broadway production of "Chicago" at the Hippodrome Theater 8 p.m., Friday March 6. Tickets cost \$38 for left and right side Orchestra Seating.
To purchase tickets, visit MWR Leisure Travel Services at the APG North (Aberdeen) recreation center, Bldg. 3326. For more information, call 410-278-4011/4907 or email us at usarmy.APG.imcom.list.apgr-usag-mwr-leisuretravel@mail.mil.

2015 APG TRAVEL FAIR & SPRING BAZAAR WEDNESDAY, MARCH 11

Complete your vacation plans early this year by attending the 2015 APG Travel Fair at the APG North recreation center, Bldg. 3326, from 10 a.m. to 2 p.m. Speak directly with representatives from local attractions, amusement parks, museums, Disney parks, the Baltimore Orioles and more.
The spring bazaar will include tables from local area vendors and businesses. Complementary light refreshments will be served and door prizes.
NATIONAL CHERRY BLOSSOM FESTIVAL BUS TRIP
SATURDAY, APRIL 11
Seats are available for a bus trip to Washington, D.C. for the National Cherry Blossom Festival. The festival includes special events, a parade and a Japanese street festival. Space is limited on the bus, tickets are \$32 per person, all ages.
The deadline to register is March 27.

SPORTS ALL ARMY SPORTS "GET IN THE GAME" – SOCCER APPLICATIONS THROUGH MARCH 6

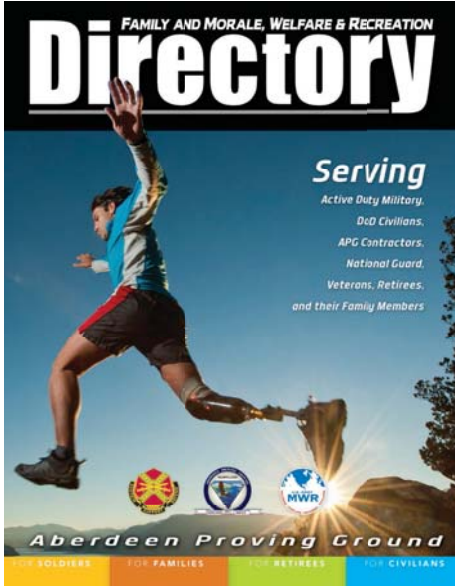
All-Army Men's Soccer is now accepting applications through March 6 for athletes.
For selection criteria and the application, visit www.allarmysports.armymwr.com.
For more information, contact MWR sports at 410-278-7933 or 410-436-3375.

ARMY COMMUNITY SERVICE CREATING A SOLID SPENDING PLAN

Make plans to attend this free class to learn how to balance your finances. This information can help you stay disciplined and organized financially, which is the first step to knowing your overall financial health. In this easy to follow one-hour class, whether employed or unemployed, you will get the information you need to create and maintain your personal financial goals.
Class will be held on the following dates from 11:30 a.m. to 12:30 p.m. at Army Community Service, Bldg. 2503:
▪ Wednesday, March 11
▪ Wednesday, June 17
▪ Wednesday, Sept. 9
▪ Wednesday, Nov. 18
Registration is required. To reserve a seat call ACS 410-278-9669/7572.

MORE ONLINE

More events can be seen at www.apgmwr.com



Learn more about APG MWR activities and services by going online at www.apgmwr.com and downloading the FMWR Directory.

APGMWR
LEISURE TRAVEL

Spring Bazaar

March 11, 10am - 2pm
APG Recreation Center, Building 3326, Ballroom

Featuring Arts & Crafts, home Décor,
Bags & Purses, Jewelry, Gift Items & more!

Come and receive a chance to win door prizes.

Contact MWR Leisure Travel Services for more information at the
AA Recreation Center, BLDG 3326, 410-278-4011/4907 or email
usarmy.APG.imcom.list.apgr-usag-mwr-leisuretravel@mail.mil

The 2015 APG MWR
Travel Fair

March 11,
10am-2pm
APG Recreation Center
Building 3326, Ballroom

Believe It or Not!

Contact MWR Leisure Travel Services for more
information at the AA Recreation Center,
BLDG 3326, 410-278-4011/4907 or email
APGR-USAG-MWR-LeisureTravel@conus.army.mil

Complete your vacation
plans early this year!
Speak directly with representatives from:

Local Attractions
Amusement Parks
Museums
Orioles
Door prizes
And more



MEMORIES OF ‘NAM



Vet recalls Battle of Hamburger Hill

By **YVONNE JOHNSON**
APG News

Robert L. Richardson described himself as a 19-year-old kid when he first set foot in Vietnam in 1969. Just one year later, he left there a man.

Born and raised in McIntosh, Georgia, Richardson attended Liberty County High School, graduating in 1967 with plans to work for the Federal Bureau of Investigation. Because he held a draft classification status of 1-A – available for unrestricted military service – however, he was told to wait until after his service, which was likely imminent, to seek a position.

By March 1969, Richardson had his boots on the ground in Vietnam. He arrived there by way of Fort Benning Georgia, where he attended basic training and Fort Polk, Louisiana where he trained for combat Infantry in an environment that he said “closely mirrored” the hot, humid and rainy climate where he was headed.

Richardson said when he arrived at Cam Rahn Bay, his first impression of Vietnam was the heat.

“It kind of snatches your breath away,” he said.

After additional training and acclimation at Bien Hoa Air Base, where he was assigned to the 101st Airborne Division (Air Assault) and the storied 3rd Battalion, 187th Infantry Regiment (Iron Rakkasans) – the most highly decorated airborne battalion of the Vietnam War – he eventually joined his unit at fire support base Blaze.

Richardson said being young, healthy and in good shape was a necessity in the rugged country with equally rugged physical requirements.

“When I left Camp Evans I had five days-worth of C-rations on my back, my basic load of ammunition, and a bunch of hand and smoke grenades,” he said.

“When I got assigned to my platoon, they added a machine gun and ammo and I picked up two 2-quart canteens, two 1-quart canteens, some C-4 and TNT for demolitions and a LAW [M72 Light Anti-Tank Weapon].

“Ruck sacks averaged 75 pounds. That didn’t make walking easy.”

He said one of his strongest memories of ‘Nam was his very first night on Blaze when every Soldier on every gun system in every foxhole on the perimeter opened fire for one minute.

He said they called it a “mad minute” and the practice was useful in scaring off or exposing any lurking Vietcong in the area.

“The thing is, no one told me about it,” Richardson said. “So one minute I was sitting by the foxhole and the next thing you know I was in it. But I don’t know if that was something you could have prepared for anyway.”

Richardson was in-country just two months when he participated in the Bat-



Courtesy photo
Spc. Robert L. Richardson fords the swift currents of a stream after coming down from Hamburger Hill in 1969. He said the current was so strong he had trouble raising his arms to grab the outstretched branch and that he didn’t know an embedded photographer snapped his photo until he was getting ready to leave the country a year later. He said the original photo is displayed in the 187th Infantry Regiment (Iron Rakkasans) section of the 101st Airborne Division (Air Assault) Museum at Fort Campbell, Kentucky.

tle of Hamburger Hill and was a part of the brigades’ four-battalion attack on May 20, 1969.

He said his company, Delta, was the last to go up the famous Ap Bia Mountain in the bloody 10-day battle between American and South Vietnam forces against North Vietnamese forces in the main battle of Operation Apache Snow.

“I got broken-in real quick,” he said. “Even with other units supporting our flanks we took a lot of fire. My machine gunner went down which made me the one to have to help get us up the hill. Then I saw my commander go down. Even our medic got shot up but was still trying to treat people. We just kept pushing. Our mindset was to keep moving toward the objective and lay down machine gun fire when needed.”

He said the bonds formed during that and subsequent battles were “unbreakable.”

“Your squad members were your closest buddies,” he said. “The reality was you didn’t get to see a lot of other people when you were out on missions.”

He said the tension and unrest that marked the ongoing civil rights struggle in the U.S. didn’t mean a lot to those fighting in the jungles of ‘Nam.

“In Vietnam, people were people. You couldn’t afford to let any of what was going on back there get in your way. It was a real tight brotherhood.”

“That year was really something,” he added. “I can’t say I’m glad I experienced it, but after being shot at, you kind of get used to it.”

He said two World War II veteran uncles served as his inspirations, as well as his father whom he always refers to as “my hero.”

“Not just Vietnam, but the Army made me grow up,” he said. “But I have to give my parents credit too. My dad and my mom wanted to make sure their kids went to school and got an education.

“I’m really blessed because of my faith. That foundation can help you survive under any conditions. My belief in God kept me calm under the worst conditions in Vietnam.

“Since then, I’ve always gone by the philosophy that the object of war is to make the other guy die for his country,” he added with a chuckle.

He said he was grateful not to suffer the ill effects of combat he’s heard so much about.

“I thought I did a pretty good job of making the adjustment back into society, though at first I was a little nervous or jumpy at sudden loud noises,” he said.

He added that while he doesn’t care for any of the Vietnam movies he’s seen, he does like the World War II film, “Saving Private Ryan.”

“That movie tells it like it is,” he said. “It’s realistic.”

Richardson left the Army in 1970 and obtained a position with the FBI as a fingerprint classification specialist working out of the Hoover Building in Washington, D.C.

Concerns about upward mobility caused him to rethink his career options, however, and he re-joined the Army in 1975, this time for the long haul. He retired at the rank of sergeant major in 2003.

He then took a civilian position with the Installation Management Command’s northeast region when it was located at Fort Monroe, Virginia and remained with it when the North and South merged into the Atlantic Region at Fort Eustis, Virginia. When the organization relocated to San Antonio, Texas, he decided to remain in this region.

He arrived at APG in 2013. Richardson is the operations specialist for the Directorate of Emergency Services.

He said when he remembers ‘Nam he thinks of his first squad leader who showed him “what it takes to be a leader.”

“I reentered the Army a private first class but I worked my way up through good leadership and good guidance,” he said. “I had several mentors who told me the things I needed to do to get promoted and at the end of 30 years I obtained my goal.”

Experts say more needs to be done to combat assaults on males

By **JIM GARAMONE**
DOD News

Experts urged Army leaders to reach out to male victims of sexual assault, saying people must not look at sexual violence as exclusively a women’s issue.

Jim Hopper, a psychologist and researcher, and Russell Strand, a retired Criminal Investigative Service special agent, spoke about an aspect of sexual violence not often discussed – sexual assaults on men – during the Army’s Sexual Harassment/Assault Response Program Summit, Feb. 19.

The numbers of males sexually assaulted in the military are sobering, they said. “(About) 10,800 men are sexually assaulted every year in the military,” Strand said. “(Roughly) 8,000 women are assaulted.”

It is a bit of apples and oranges comparison. Men make up about 85 percent of the military so this works out to about one percent of males, but about five percent of females.

“Number-wise, we’ve had more men assaulted in the military than women,” Strand said. “And everywhere I go to talk – the Army, the Navy, the Marine Corps, the Air Force and Coast Guard ... it doesn’t sink in. It doesn’t internalize.”

It is seen as primarily a women’s issue, even by women, Strand said.

A large number of men are affected, and being men, few ever report the attacks, Strand said. Only 1,134 men reported attacks - roughly 13 percent of



U.S. Army photo
About 10,000 servicemen are sexually assaulted annually and only about 13 percent report it, experts said during the Army’s Sexual Harassment/Assault Response and Prevention Summit in Tysons Corner, Va., Feb. 19, 2015. Assaults bring shame and fear of being ostracized to the 87 percent of men who do not report them, experts said.

those attacked. With women, 39 percent reported attacks.

Therefore, 87 percent of men attacked are not reporting it and “these are real men in real pain,” Hopper said. The pain is compounded by shame. Being sexually assaulted brings additional levels of

shame to a man because it works against the ideal of what it means to be a man, he said.

And it brings fear. “There’s fear of those memories, there’s fear of being violated, there’s fear that someone might know what happened to them,” Hop-

per said.

Men who have been assaulted this way believe they are not worthy of respect, Strand said.

The men who are assaulted are overwhelmingly heterosexual and so are those doing the assaulting. “Most people who sexually assault adult men are heterosexuals,” Hopper said. “And those same heterosexual men, who are assaulting men, are often the same men assaulting women.”

Many males would not get help because they feel they would not be believed, understood or supported. “Part of that is they know most people don’t expect men to be assaulted, that this can’t really happen to ‘a real man,’” Hopper said.

They are also truly afraid of their friends or teammates finding out what happened to them, Hopper said. They believe they will be looked at as less than a man, that they will be ostracized and shunned. Finally, many see this as the death knell to their careers.

The military services need to begin marketing on the issue specifically to men, the experts said. A safe anonymous helpline could be the beginning for getting many of these men the help they need and deserve. The services also need to market programs aimed at commanders, health care professionals, police investigators and prosecutors, informing them of the problem and assets available to help their service members, he said.

Meet an APG STEM Professional

David Goad: Aberdeen Test Center Environmental Engineer

By **AMANDA ROMINIECKI**
APG News

JOB TITLE:
Environmental Compliance and Conservation Lead
DEGREE: *Chemical Engineering, University of Delaware*



Goad

APG News: What does your job in the environmental division entail?

DG: We do all of the environmental compliance, planning and conservation work for all of ATC. We're responsible for all of the natural resource management including water, air, waste and wildlife. Since 2005, we have also been monitoring individual bald eagle nests [on ATC test ranges].

STEM in focus

STEM in focus is a recurring series in APG News highlighting Science, Technology Engineering and Math (STEM) on APG. From countless student educational outreach programs to an array of scientific, technological and engineering personnel contributing to diverse missions, STEM is abound on the installation and APG News aims to bring it all into focus. To suggest topics for the STEM in focus series, email amanda.r.rominiecki.civ@mail.mil.

APG News: What do you like most about your job?

DG: I think the best thing is that it's different every day. The good thing about environmental work is that there's some outdoor portions to it. I'm not stuck in an office all the time. The variety and the opportunity to support test mission activities [at ATC]... it is

all cutting edge work – it's nice to support that.
APG News: When did you become interested in environmental engineering?
DG: I took some environmental classes as part of my degree, but just as electives. I took some more when I got out of college and ultimately three or four years out of school, I tied in with a federal con-

tractor supporting the [APG] garrison environmental division, which is how I got into the environmental work.
APG News: What would you say to a student thinking about pursuing a career in STEM?
DG: It's a great opportunity. There are any number of things that you can get involved in from an engineering perspective. Engineering is always going to be a need. Environmental science is always going to be a need. So there's ample opportunity to get involved in one of those fields. If you like science and math, that's certainly the way to go.
APG News: Do you have any interesting after-work hobbies?
I have three kids and they keep me pretty busy. I guess I run a de-facto cab company, running them where they need to be, and enjoying the opportunity to see them do things they love to do.

Beat hypothermia with life-saving tips

By **NANCY GOUCHER**
EFMP

Now that cold weather has returned to Maryland and other parts of the nation, it is important to take precautions to avoid being harmed by hypothermia. Hypothermia is a condition caused by an abnormally low internal body temperature. It develops when body heat is lost to a colder environment faster than it can be replaced. Temperatures do not have to be below freezing for hypothermia to occur. Hypothermia can cause poor health and death. Vulnerable individuals such as the disabled, elderly, sickly, homeless, and infants under 1-year-old, are more susceptible to hypothermia. They may not be aware they are becoming

cold and can develop low body temperatures after exposure to the cold. Drugs deserve special mention because they are thought to be a major predisposing factor to hypothermia. Among those most likely to develop hypothermia are medically vulnerable individuals. They may not know how to keep warm when exposed to the cold, they may not shiver or react to cold; and they may take cer-



tain medications that prevent the body from regulating temperatures normally, such as anti-depressants, sedatives, tranquilizers, and cardiovascular drugs. Here are some practical recommendations to prevent hypothermia:

- Dress in different layers of warm loose clothes. Do not wear tight clothes; you want to create breathable layers underneath with a layer above that prevents moisture from getting in.

- Wear a hat and scarf to avoid significant heat loss through the head and neck.
- Use additional blankets because hypothermia can develop during sleep.
- Eat nutritious foods and exercise moderately. Proper diet and physical exercise help protect against the cold.
- Get proper rest; fatigue makes you more vulnerable to cold.
- Drink adequate amounts of liquids, such as water. Limit your alcohol intake because alcohol speeds up body heat loss.

If you believe someone may be a victim of hypothermia, call 911 immediately. Hypothermia is a dangerous medical problem and the victim needs professional attention.

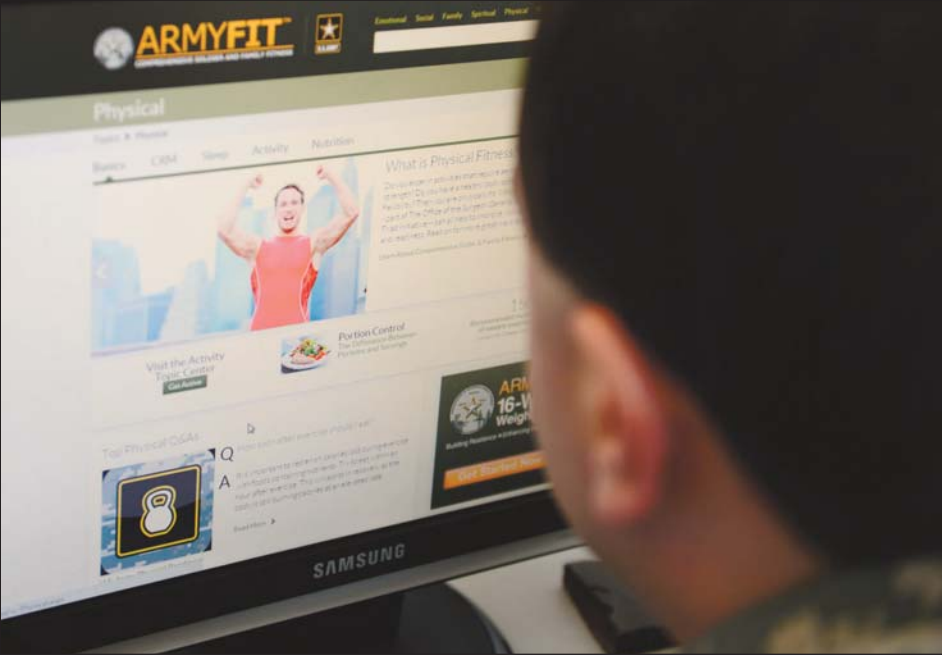
ArmyFit celebrates first birthday, gets useful upgrades

Story and photo by **DAVID VERGUN**
Army News Service

ArmyFit celebrated its first birthday recently, with the addition of several new features to its website. The site, at **armyfit.army.mil**, is designed to help improve quality of life for Soldiers, families and Army civilians. New features include email notifications and a fitness-tracker interface. But first, a quick overview of the site for those not familiar with it: ArmyFit is primarily a resource site, a “really, really good resource site,” said Chaplain Lt. Col. Stephen W. Austin, a program developer for the Army Resiliency Directorate, G-1, the organization responsible for collecting and posting the content. Although the website is not interactive in the way gaming sites are, it is innovative because it is able to custom-tailor content specifically for each person, based on their answers to the Global Assessment Tool, more commonly referred to as GAT 2.0. The GAT is a survey Soldiers are required to take annually. Family members and Army civilians are also encouraged to take it, he said. Based on GAT 2.0, the website directs Soldiers to helpful resources within the physical, spiritual, emotional, family and social resilience categories, he said. The performance triad categories of sleep, activity and nutrition are included as well. The website can also connect the user with appropriate social media groups. Among the new features is an option to receive weekly emails, which provide custom tips and updates on new content. Austin said this saves the user time in that they do not need to log in to see if there is new content available.

As good as water?
For instance, an email might provide a nutrition tip for fitness gurus. A recent one was titled “Muscle Up With Milk.” It reads: “In a 12-week study, male weightlifters who drank a 500-milliliter glass of milk right after a workout, and another glass one hour later, gained more lean body mass and lost more fat than men who drank a soy or carbohydrate sports

drink instead. Researchers suspect that certain proteins and amino acids in milk may help with body-building efforts, while the calcium may be a boon to fat loss.” “A second study showed that milk rehydrates exercisers just as well as water and more effectively than sports drinks, probably because of the abundant electrolytes in milk. Of course, milk has calories, too. So if you're trying to reduce calories, nothing beats water for consequence-free hydration.” Also new to the website is a financial resilience assessment, developed under advisement of the Army Installation Management Command's Financial Readiness Program. “It's a very substantive assessment, using a multitude of financial data points,” he said. **Fitness trackers** Users also now have the ability to synchronize their personal fitness devices to ArmyFit, Austin said. This new feature is compatible with about a dozen of the most popular fitness devices such as Jaw-Bone UP, Runkeeper and FitBit. A tracker feature allows users to set goals, add data and track improvements regarding weight, body measurements, and alcohol consumption so improvements can be readily checked. About a month ago, a pilot, known as the ArmyFit Commanders' Profile, or ACP, was started he said. ACP provides aggregate population health data based on GAT 2.0. It is being piloted at five installations and in five National Guard states. Austin emphasized that an individual's information within ACP is anonymous. It merely aggregates the data to show trends and other statistical information that could be used to help a commander's ready and resilient efforts. Besides the ACP, GAT 2.0 and the rest of the site is also anonymous. “There's no exception to that,” Austin said. Commanders simply cannot access the data and the Army is very careful about preserving the anonymity. The only thing commanders can see is whether or not a Soldier completed the GAT, which has been a requirement all along.” Resources accessed by users on ArmyFit are also anonymous, meaning no one



ArmyFit celebrated its first birthday recently, with the addition of several new features to its website, <https://armyfit.army.mil>, designed to help improve quality of life for Soldiers, families and Army civilians. A user is shown exploring the website.


can track an individual as he or she navigates the site, he said. Once testing of ACP is completed and after the after-action review is completed, it is expected to be expanded Army-wide, he said. In addition to ArmyFit adding new features, users can also affect changes to the site, Austin said. The website maintains an active help desk. “We get a lot of queries and also a lot of good ideas, some of which are incorporated into the site. We've paid a lot of attention to that,” he said. For instance, the website gets a lot of feedback on nutrition and fitness, such as Crossfit, paleo-diets and so on. “We don't want to penalize people for doing those in the algorithm and also we need to know what's working well,” he said. The algorithm is the intelligence capability the site uses to formulate recommendations based on GAT 2.0 results. **Moving forward** By next year, the Army is looking to make ArmyFit an app. Currently, he said, the best way to access it is from a computer or tablet. It can actually be viewed

from a mobile phone, but it's not as user friendly. Austin encourages new users to visit the site and said those who haven't been on it for a while should go back and take a look. Leaders are key in promoting the website to their Soldiers, Austin said. “If they say this is just one more requirement, that will turn them off to the site,” he said. “But if leaders challenge Soldiers to discover something useful about themselves, frequently they will.” **Healthy Living** Healthy Living is a recurring feature in the APG News. It addresses health topics that matter most to our readers. To view more health topics and the Community Health Promotion Council calendar of events, visit the APG homepage **www.TeamAPG.com** To suggest health-related topics for the Health Living series, email amanda.r.rominiecki.civ@mail.mil




Want to make a difference in how services are rendered at APG? Tell us how we are doing. Visit **<http://ice.disa.mil>**.
Click on “ARMY” then “Aberdeen Proving Ground.”

THIS WEEK IN APG HISTORY



APG NEWS



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Vol. 3 NO. 3

"THE HOME OF ARMY ORDNANCE"

Thursday, September 14, 1961

Take a look back in time as the APG News explores what made the headlines around APG during this week 10, 25 and 50 years ago. This week's APG News masthead is from 1961.

By YVONNE JOHNSON, APG News

2015
2010
2000
1990
1980
1970
1960
1950

10 Years Ago: Feb. 24, 2005

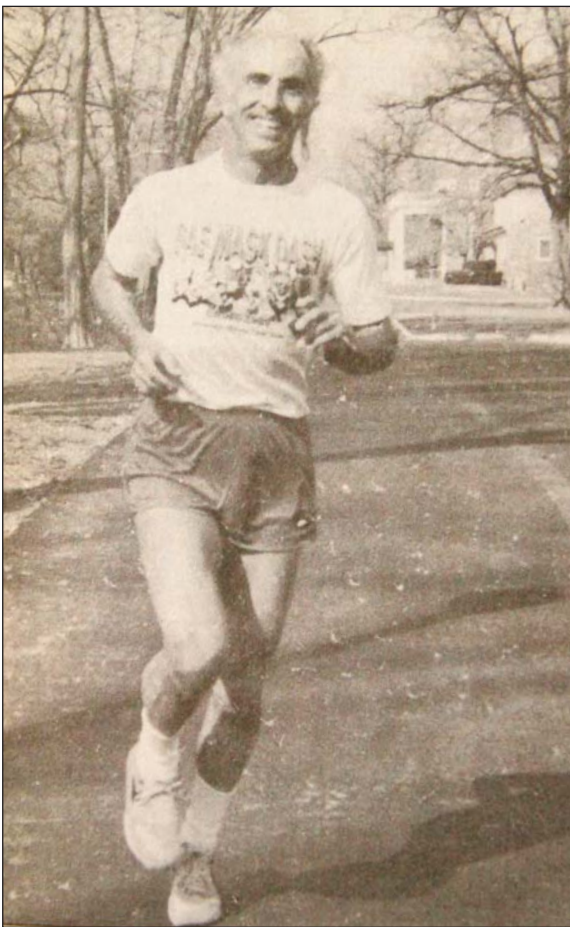


(Above) Capt. William Jones, a former APG Soldier whose family resides in Bel Air, receives the Purple Heart Medal for injuries sustained near Fallujah, Iraq from Maryland Senator Barbara Mikulski as his wife Suzanne, far left, and Brig. Gen. Roger Nadeau, commander of APG and the U.S. Army Research, Development and Engineering Command, look on during a ceremony at the Ordnance Museum.



(Right) APG's bald eagle population is the topic of discussion at an eagle awareness briefing at the post theater. APG Environmental Protection Specialist John Paul informed attendees about a 500 meter legal buffer zone in place around each nest to protect the birds.

25 Years Ago: Feb. 21, 1990



(Left) A Ballistic Research Laboratory employee slows down for a photo while out on a lunchtime jog.



(Right) Col. Loretta Stephens, an environmental science officer with the U.S. Army Environmental Hygiene Agency, helps Lisa Burmeister, 3, practice brushing techniques during a visit to the Aberdeen Child Development Center.

50 Years Ago: Feb. 11, 1965



(Above) Pfc. Lois McGrath points to the single rocker which will soon be used to identify the grade E-3. The change is in line with an Army directive revising insignia to simplify grade structure.



(Right) APG's Pat Ferguson leads her team to an overtime win, beating Fort Belvoir in overtime to win the Second U.S. Army Women's Basketball Tournament as well as the most valuable offensive player award.

The DARPA-funded researchers presented their work at the 29th meeting of the Association for the Advancement of Artificial Intelligence in late January.

APG News graphic

Small, Patricia
Solomon, Je'Neane
Starnes, Desiree C.
Trulli, Wayne R.
Wade, Lamesa S.
Weimer, Carl R.

Operation Freedom’s Sentinel qualifies for campaign medal

DOD News

The Department of Defense has announced that Operation Freedom’s Sentinel is a qualifying operation for award of the Afghanistan Campaign Medal. Additionally, the release said, the transition from Operation Enduring Freedom to Freedom’s Sentinel also marks a new campaign phase, “Transition II,” for the Afghanistan Campaign Medal.

Undersecretary of Defense for Personnel and Readiness Jessica L. Garfola Wright signed a memorandum authorizing these changes retroactive to Jan. 1, 2015.

The qualifying Afghanistan Campaign Medal operations, campaign phases, and associated inclusive dates for each are as follows:

Operations:

- Enduring Freedom (Afghanistan) – Sept. 11, 2001 to Dec. 31, 2014.
- Freedom’s Sentinel – Jan. 1, 2015 to present.

Campaign Phases:

- Liberation of Afghanistan – Sept. 11, 2001 to Nov. 30, 2001.
- Consolidation I – Dec. 1, 2001 to Sept. 30, 2006.
- Consolidation II – Oct. 1, 2006 to Nov. 30, 2009.
- Consolidation III – Dec. 1, 2009 to June 30, 2011.
- Transition I – July 1, 2011 to Dec. 31, 2014.
- Transition II – Jan. 1, 2015 to present.

Service members should contact their respective military departments for additional guidance.


A Department of Defense memorandum has authorized Operation Freedom’s Sentinel as a qualifying operation for award of the Afghanistan Campaign Medal.

Courtesy graphic



MORE ONLINE

Come and follow us for news and events going on at and around the U.S. Army Garrison Aberdeen Proving Ground, visit the garrison twitter site <http://twitter.com/USAGAPG>





Visit us online at www.TeamAPG.com

Film highlighting Vet Crisis Line wins Oscar

By **AMANDA ROMINECKI**
APG News

A short documentary going behind the scenes at the U.S. Department of Veterans Affairs suicide hotline is now an Academy Award-winning film.

Originally released in 2013 on HBO, the 40-minute documentary titled “Crisis Hotline: Veterans Press 1,” focuses on the staff at the Veteran’s Crisis Line based in Canandaigua, New York.

Many of the staff members are veterans and veteran’s spouses, and the documentary explores their dedication to helping veterans when they need it most, and how those same staff members handle the emotional aftermath of what can be life-and-death conversations.

The film won an Oscar in the “Best Documentary Short Subject” category at the 87th Academy Awards Feb. 22.

During director Ellen Goosenberg’s

Veterans Corner

Veterans Corner is a new, recurring feature in the APG News. It addresses the topics that matter most to the veterans in our community. For more information about local veterans affairs services, visit www.maryland.va.gov. To suggest veteran-related topics for the Veterans Corner series, email amanda.r.rominecki.civ@mail.mil.

acceptance speech, she thanked “the people at the crisis line who care for veterans as deeply as if their own lives depend on it.”

The Department of Veterans Affairs praised the film as an opportunity to raise awareness of suicide among current and former service members.

tary will help raise awareness of this important issue with the American public. Our Veterans in crisis need to know that there is hope and asking for help makes them stronger.”

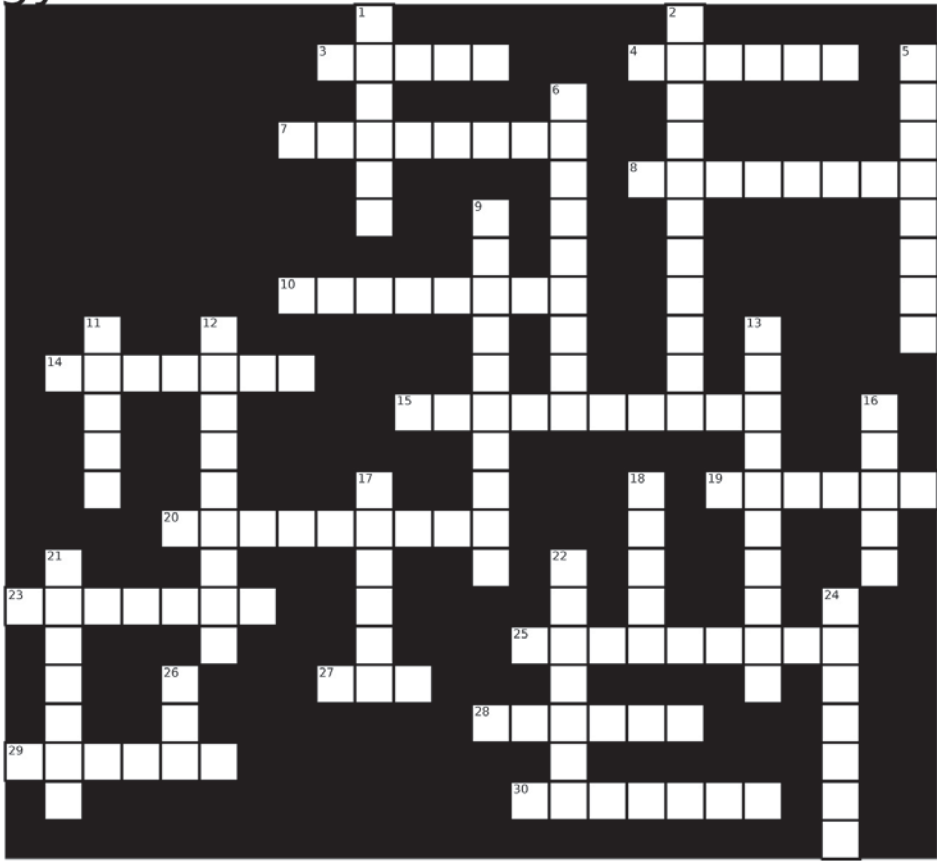
The Veterans Crisis Line operates 24 hours a day, 7 days a week, 365 days a year. Responders have answered more than 1.6 million phone calls since the hotline’s launch in 2007.

Veterans struggling with suicidal thoughts can dial 1-800-273-8255 and press 1 to speak to directly, and immediately, to responders at the Crisis Line. Responders are also available via a confidential Veterans Chat online or by texting 838255.

For more information about the Crisis Line, visit www.veteranscrisisline.net.

For more information about the documentary “Crisis Hotline: Veterans Press 1” visit www.hbo.com/documentaries/crisis-hotline-veterans-press-1.

The APG Crossword



By **RACHEL PONDER**, APG News

National Engineers Week is observed this year Feb. 22-28. Try solving these fun facts about engineering and technology.

Across

- 3. This Italian physicist invented the battery.
- 4. British computer scientist, mathematician and logistician is widely considered to be the father of theoretical science and artificial intelligence.
- 7. This British countess and mathematician is considered the world’s first computer programmer.
- 8. This company first produced cellular phones in 1979.

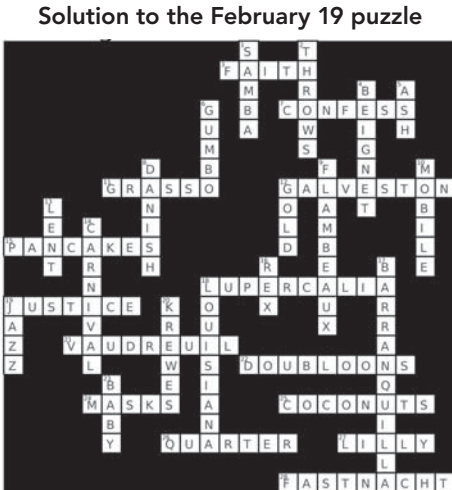
- 10. This engineer, dubbed the “the mother of modern management,” created inventions to make work and life easier.
- 14. The CN Tower in this Canadian city is the tallest free-standing structure in the Western Hemisphere.
- 15. The word engineering comes from the Latin word for _____.
- 19. This 1,063-foot tall iron lattice tower in Paris, France is named for its engineer designer.

- 20. The Atari _____ was released in 1989 and was the world’s first palmtop computer.
- 23. Engineers Without _____ is a non-profit humanitarian organization that partners with developing communities to improve quality of life through engineering projects.
- 25. This Vermont blacksmith constructed first America DC electric motor.
- 27. _____ World Trade Center, completed in 2014 is the tallest building in the U.S. at 1,776 feet.
- 28. This American inventor and businessman invented the phonograph and the motion picture camera.
- 29. The fastest passenger train in the world is the Shanghai _____ with a maximum operational speed of 267 mph.
- 30. The Panama Canal links the Atlantic and the _____ oceans.

Down

- 1. This concrete arch-gravity dam in the Black Canyon of the Colorado River is named after this U.S. President.
- 2. Henry Ford named his first car the _____, which he built in 1896.
- 5. This U.S. Founding Father invented the lighting rod.
- 6. Alexander Graham Bell is most famous for inventing this technology in 1876.
- 9. This English civil and mechanical engineer is renowned as the “Father of Railways.”
- 11. Located in Abu Dhabi, United Arab Emirates, this roller coaster, known as Formula _____

- is the fastest in the world.
- 12. This piece of winter recreational equipment was created by an engineer.
- 13. Engineers Week honors this U.S. President, considered the nation’s first engineer.
- 16. James Watt’s _____ engine contributed substantially to the Industrial Revolution.
- 17. This female inventor who was born in Baltimore, developed signal flares during the Civil War that are still used by the U.S. Navy.
- 18. Pioneer of fluorescent and neon electrical lighting.
- 21. An electrical engineer who co-founded Apple Computer with Steve Jobs and Ronald Wayne.
- 22. At 2, 7216.5 feet, the Burj _____ Tower is the tallest building in the world.
- 24. This University of Cincinnati graduate was the chief engineer of the Golden Gate Bridge.
- 26. The London _____ in England is the largest Ferris wheel in



Defeating ISIL takes diplomatic, military effort

DOD News

Dealing a lasting defeat to the Islamic State of Iraq and the Levant will require “a combined diplomatic and military effort,” Defense Secretary Ash Carter told reporters at Camp Arifjan, Kuwait, after he concluded a conference there with ambassadors and senior U.S. and regional military leaders Feb. 23.

Earlier in the day during a troop talk at Camp Arifjan, Carter said he convened the conference to “begin to make my own assessment of the campaign to counter ISIL.”

Carter thanked the conference participants, noting that “many traveled a significant distance on short notice to be here, and I sincerely appreciate it.”

Wide-ranging discussion

He added, “We had an incisive, candid, wide-ranging discussion.”

There were no briefings during the conference, said Carter, noting it featured participants’ sharing “of experience and ideas and expertise, and it made me very proud of the American team here in this region working on this problem of ISIL.”

Conference participants reflected on the “seriousness and the complexity of the threat posed by ISIL, especially in an interconnected and networked world,” the secretary said.

“Lasting defeat of this brutal group can and will be accomplished,” he said. “But I learned some things that we’ll need to guide our effort to do so.

“First, doing so, that is achieving the lasting defeat of ISIL, will require a combined diplomatic and military effort,” Carter continued. “That was abundantly confirmed by our discussion, and was affirmed or rather affirms the bringing together of this unique grouping of political and military leaders.”

Second, although he’s cognizant “of the great strength of the coalition the United States has assembled and leads in this struggle,” Carter said there’s a need “to leverage further the individual contributions of each.”

Third, he added, while the center of gravity of the anti-ISIL campaign is in Iraq and Syria, “it has ramifications in other regions of the world that need to be taken into account also in our approach.”

Fourth, ISIL’s “use of social media will be pressing us to be more creative in combating it in the information dimension as well as the physical dimension,” Carter said.

The secretary also said that discus-



Photo by Glenn Fawcett

U.S. Defense Secretary Ash Carter holds a press conference after meeting with senior commanders attending a regional security conference on Camp Arifjan, Kuwait, Feb. 23. During the meeting, Carter and other defense leaders discussed strategies for dealing with the Islamic State of Iraq and the Levant, or ISIL, and other regional threats to partner and ally nations.

sions among conference participants indicated to him that ISIL “is hardly invincible.”

Anti-ISIL efforts

Coalition anti-ISIL efforts to date “have already been having some important impacts,” Carter said.

He added, “Our global coalition is up to the task, and so is American leadership, which has shone through -- throughout the course of this campaign.”

Carter described today’s conference as “very productive and very valuable, and you should expect to see more consultations like this by me in the future, convening senior leaders from across our government and sometimes experts from outside of it to ensure

that our nation’s defense is as dynamic as the challenges before it.”

At the conclusion of his remarks, Carter took questions from the press. One reporter asked him about the importance of a political-military balance in

the fight against ISIL.

Political-military dimensions

Carter acknowledged that the anti-ISIL campaign in Syria does have both political and military dimensions.

“They’re closely interconnected,” the secretary said. “We had an opportunity to review today the train and equip effort that is beginning in Syria, but I need to remind you and very much in the spirit of your question that -- and as the discussion certainly indicated there, our campaign in Syria, like our campaign in Iraq, has an important political dimension to it. And we discussed that also: they’re both important, they’re both essential, both the political and the military dimension.”

Another reporter asked Carter if there would be any fundamental changes to the anti-ISIL strategy.

The secretary replied that the coalition recognizes the need to employ a combined political and military effort against ISIL.

“I think that’s crucial, and I think that’s understood by all, and it’s reflected in what we’re trying to do,” Carter explained. “I think that we have clearly in focus the idea that this can’t be a purely American thing, that it truly is a coalition effort and needs to be a coalition effort to succeed. I think it was clear to us that we can’t neatly partition it geographically, that it has global evocations.”

Conference participants’ discussions “reinforced the idea of the need to stitch

all of the different aspects of this together, and that the leaders that I met with today are to a remarkable degree doing that,” Carter said.

Working closely together

He added, “And this bringing them together was a further effort to work across geographies and work across functions to make sure that we are in fact all working closely together. And to a large extent, these folks have been doing that already. But I think today’s meeting reinforced that and gave them yet [another] opportunity to do that, and me to do that with them.”

Carter was also asked about his confidence level of building an anti-ISIL force. The secretary responded that providing good military training to people from other lands is a core skill of the U.S. military.

“It’s become a skill of many of our coalition partners, knowing how to train others, how to work with and through others, how to enable and use U.S. capabilities to enable the capabilities of others and to make sure that --... we conduct all these activities in a way that’s consistent with American values,” the secretary said. “We’re good at all that. We’ve been doing that in many contexts for quite a while.”

Providing training is “one of the key lessons that we learned in Iraq and Afghanistan,” Carter said. “It’s one of the key skills we honed in Iraq and Afghanistan, and I don’t think there’s any military that does it better.”

“[ISIL’s] use of social media will be pressing us to be more creative in combating it in the information dimension as well as the physical dimension.”

Ash Carter
Secretary of Defense

AER lifts financial burden on Soldiers in times of need

Continued from Page 1

medical and dental expenses, funeral and schooling expenses, and other financial emergencies.

A Soldier or civilian seeking to donate to AER must fill out a DA form 4908, and the contribution can be made via cash, check, or payroll deduction.

“Every major organization has an AER representative, and if you don’t have a rep, you can come here [HHC Garrison] and I’ll be more than happy to collect your donations,” Milano said.

Any Soldier can apply for AER assistance, but those in ranks E5 and below require their commander’s permission. Once an application is approved by AER personnel, a Soldier or Soldier’s family member receives either an interest-free loan or a grant, depending on the type of need and financial situation.

“The majority of the time, the commanders actually ask for a loan or a grant, but it’s based on the applicant’s budget to see if they can pay the loan

back,” said AER officer Leary Henry. “And if they can’t pay it back, or it’s going to cause much more stress on them financially, we’ll give them a grant.”

Loan repayment plans are flexible, and recipients are sometimes given up to 36 months to repay them.

He said the relief provided to Soldiers and their family members is one way the Army ‘takes care of their own,’ as the AER slogan suggests.

“When I was a basic training commander, we had a Soldier whose father passed away,” Milano explained. “He didn’t have enough money to go to

the funeral, buy plane tickets, or anything. So as his commander, I helped fill out the AER loan process paperwork, and he actually got \$1,200, which covered his plane ticket home, his lodging, transportation, and food.

“He went home, was able to spend time with his family, bury his father, and then return to basic training. One of the things about basic training in the Army is that you don’t get paid for the first five weeks. AER really does help Soldiers.”

1st Sgt. Daniel Nelson, who assists Milano with the AER campaign, said he’s also seen Soldiers and their fami-

lies’ quality of life improve after they received AER’s no-strings-attached assistance.

“You’re a family of four and you have one vehicle and then the transmission goes out on it, and you don’t have the money to repair it. Soldiers will come, they get a one-time loan...next thing you know the car is in the shop getting repaired, and the Soldier and the family no longer have that burden on them,” Nelson said.

“It’s a great program,” Milano said. “It’s all about Soldiers and people in the military community helping each other. The motto is: Army family taking care of Soldiers – Taking care of our own.”

For more information about the AER campaign, contact campaign coordinator Capt. Nicholas Milano at 410-278-3000 or nicholas.c.milano.mil@mail.mil. Soldiers or retirees may also visit www.aerhq.org or contact Army Community Service at 410-278-2508 for information about loan eligibility or the application process.



See Something

Cut along dotted lines and fold in middle for use as wallet reference Card.

Provided by the INTEL DIV/DPTMS

Say Something

Installation Watch Card

Awareness is key! Everyone is a sensor.

Do: Observe and Report

Unusual or suspicious activity or suspected surveillance.
Unusual questions or requests for information relating to capabilities, limitations, or operational information.
Unusual vehicles operating in or around the Installation.
Unusual phone calls, messages, or e-mails.
Unusual contacts on or off post.
Unusual aerial activity near or around the Installation.
Any possible compromise of sensitive information.

Do Not

Discuss any aspect of military operations or planning.
Discuss military capabilities or limitations.
Discuss FP measures, capabilities, or posture.
Disclose any information related to unit deployments.

Report any suspicious activity immediately to the APG Police.
APG North 410-306-2222
APG South 410-436-2222
Off post in Md. call 1-800-492-TIPS or 911
Your call may save lives!

Device noses out potential bio-chem threats

Continued from Page 1

ers. The device reads the result of chemical detection paper and can then transmit the results into the Army’s network via the Soldier-worn “Nett Warrior” smartphone system.

At the heart of the system is a colorimetric detection assay, a swatch of paper about the size of a postage stamp, which is printed with a grid of several dozen indicator chemicals arranged in a grid of small dots. Each dot is made from a differently-colored indicator chemical that will have a unique color change in response to any compound it comes in contact with: from chemical threats, to biological threats, to common household cleaning products and cosmetics.

“You have almost one hundred reactions going on and the combination of those reactions gives you a unique signature,” said Peter A. Emanuel, Ph.D., ECBC’s Bio-Science division chief. “Some react, some don’t ... some intensely. The signature, the collection of those dots, gives us a unique fingerprint for what that agent is.”

The colorimetric detection assays they are using are placed inside a small plastic hockey puck-shaped cartridge that has a removable plug on one side. Researchers can open that plug and put a drop of a test substance inside so as to expose the assay to a chemical.

The odor of whatever chemical is being tested interacts with the assay to create reactions - or a lack of reaction - among each of the indicator chemicals.

“Everything emits an odor, essentially, even if you can’t distinguish it,” said Aleksandr Miklos, Ph.D., a senior scientist at ECBC. “Virtually everything that’s out there emits something of itself into its environment. That’s how your sense of smell works.”

Miklos said the detection assays perform a function similar to a human nose.

“This is essentially a little piece of paper that does what your nose does,” Miklos said. “It is not quite as good as your nose in some regards, but better than your nose in others.”

Miklos said a human nose has a “couple hundred” receptors to recognize odors. But that doesn’t mean that a nose is capable of recognizing only a couple hundred odors. “You can actually recognize up to a billion odors,” he said.

Miklos said that chemical receptors in a human nose don’t each detect one smell. “There isn’t one receptor in your nose that is for the scent of a rose,” he said. “Everything you smell triggers every receptor to a slightly different extent. And what your brain does - it’s very clever - is it recognizes these patterns. Odors establish a pattern in your nose and your brain recognizes it. Odors establish a pattern on this assay.”

The colorimetric assays have at least one distinct advantage over the human nose, Miklos said. “A human could not sniff a container of sarin, because you would die,” he said. “But the paper ticket doesn’t care.”

The colorimetric assays react differently to a variety of chemicals, Miklos said. But in the case of existing, fielded color-



Photos by C. Todd Lopez

Melissa Dixon and Aleksandr Miklos, Ph.D., a senior scientist at Edgewood Chemical Biological Center, are refining for Army use a commercial technology that will allow Soldiers to accurately and rapidly detect an array of chemical and biological hazards – from mustard agent to anthrax – and then transmit those results to their higher command.

rimetric strips, two chemicals might produce very similar results. So he and team member Melissa Dixon are testing the colorimetric arrays against a variety of products commonly used by Soldiers to ensure that if something like rifle cleaner indicates the same chemicals as sarin gas, Soldiers will know about that.

“The problem is that common stuff confuses the strips,” said Miklos of the currently-fielded strips. “We know certain solvents will look a lot like VX. That’s not particularly helpful.”

In his lab, Miklos and Dixon are exposing the arrays to common chemical items: lotions, bug sprays, lubricants, fuels, baby wipes, alcohol, etc.

“We want to use them to make sure we are not getting any kind of cross-reactivity,” Dixon said. “If Soldiers clean themselves with baby wipes, we want to have a background for baby wipes, as opposed to being VX.”

Dixon’s husband is a Soldier, she said, and he provided her and Miklos with some common items that Soldiers use in the field so that those could be tested.

Miklos and Dixon are building a database of colorimetric array reactions to a variety of common, relatively safe chemicals. On the other side of ECBC, Miklos said, in labs equipped to handle more dangerous materials, they are exposing the assays to more dangerous things, like VX.

The hardware

Already, ECBC has a device called the SmartCAR, short for “smart color-metric assay reader.”

That hand-held device was developed by ECBC engineer Colin Graham. The SmartCAR does not read the same color-

metric assays that Miklos and Dixon are working on - the ones with the array of colored dots - but instead uses electronics and a camera to read test strips similar to a pregnancy test.

Those strips are in common use today in the Army, and they can evaluate for one biological agent at a time.

Graham designed the circuit boards for the device and wrote the software for it. The shell for it was built in-house on ECBC’s 3D printers. He said from concept to completion took about six months.

The SmartCAR was evaluated recently in South Korea during an advanced technology demonstration that explores bio-surveillance, Emanuel said. In South Korea, the device was used in the field by Soldiers during scenarios that involved anthrax and plague.

“What they did was they ran the assays and it got the result, it interpreted the result, it told them what the answer was and then it immediately uploaded it to the cloud and put it up on a screen so that anybody in Korea could see,” Emanuel said. “The advantage is that the machine takes the ambiguity out of the read, and also uploads and archives the image so that every battlefield commander can see what’s going on. It shows up like a little pin on Google maps.”

The SmartCAR, in conjunction with the Nett Warrior device, can run the evaluation, capture the results, and transmit the results, along with latitude, longitude and time to a central location on an Army network so that it can be used by commanders, Emanuel said.

Emanuel said he envisions a scenario where multiple Soldiers are running sim-

ilar evaluations across a theater, and their results are plotted real-time for commanders to see the result.

“That’s the whole idea of bio-surveillance, it’s not just being able to see things, but see them in real time and have everybody see them,” Emanuel said. “What we are trying to do is inform the common operating picture.”

Emanuel said they’ll take the device back out in June for another evaluation.

The new VOCKit system that ECBC is developing will read the colorimetric arrays that Miklos researches in his lab, growing detection functionality beyond the SmartCAR.

“We are trying to move away from one ticket one test, to one ticket many tests,” Emanuel said. “Then it evaluates and beams from the evaluator to the phone and into a cloud where everybody can know what’s going on.”

Emmanuel said that the goal is for these technologies to ultimately replace the ECBC-developed M8 and M9 chemical detection paper currently used in the field today.

“It’s [M8 and M9] indicator paper and they touch liquids, and it turns like blue, and they say they think it might be something,” Emanuel said. “But the new tickets instantaneously and vividly not only indicate, but tell you exactly what the liquid is. We are moving quickly to replace M8 and M9 paper with a new kind of indicator paper. We are creating a dipstick that will tell you what that chemical was. This has applications for the Soldiers. It could be used for customs agents.”

Emanuel said ECBC expects to have a working prototype in about 18 months.

Nuturing next generation of STEM professionals is key

Continued from Page 1

gets students who are passionate, want to stay in the field, go to college and work for us someday,” said Hewitt, who holds a bachelor’s degree in chemistry and master’s degree in nuclear physics.

Hewitt cited Department of Defense statistics that indicate the ability of the United States to produce STEM graduates is insufficient to meet projected demands. Nearly 50 percent of the Army’s acquisition engineering workforce is eligible to retire by 2023.

“Why is STEM so important? Think about the number of people who are driving the economic engine of our nation -- engineers, scientists and mathematicians -- in a more and more complex world where technology is becoming more and more how we do business,” he said.

“How do we replace our workforce

if we don’t have a system that is going to generate an interest in young people to become STEM workers? That’s the challenge we’re up against.”

“Why is STEM so important? Think about the number of people who are driving the economic engine of our nation – engineers, scientists and mathematicians – in a more and more complex world where technology is becoming more and more how we do business.”

Jyuji Hewitt
RDECOM Executive Deputy to the
Commanding General

Piquing a child’s interest in STEM early is key, Hewitt said. He encouraged the audience to explore the options available under the Army Education Outreach Program such as summer camps, internships and competitions.

“If you haven’t gone to your local school for a STEM and Beyond Night, take an evening,” Hewitt said. “Go out there and you’ll be absolutely surprised at how kids are learning. The excitement of the kids is recharging.”

“You are on the right path in making that difference. We are a model for the nation. This is truly a partnership between what we’re doing, the school systems and businesses. Thank you for keeping STEM in the forefront.”

Did You Know?

The first African American to become a U.S. Navy Master Diver was also the first amputee to be re-certified as a U.S. Navy diver.



Carl Maxie Brashear was born in Tonieville, Kentucky in 1931. He enlisted in the Navy in 1948 shortly after President Harry S. Truman ordered desegregation of the armed forces.

Despite the stiff hostility and racism he faced while attending the school, Brashear became the first African-American to attend and graduate from the Navy Diving and Salvage School in 1954.

His many assignments included recovering 16,000 rounds of ammunition that fell off a sinking barge and escorting the presidential ship the Barbara Ann to Rhode Island where he met President Dwight D. Eisenhower who gave him a small knife that was engraved “To Carl M. Brashear. From Dwight D. Eisenhower, 1957. Many, many thanks.”

In 1966, Brashear was leading the recovery mission of a dropped bomb off the coast of Palomares, Spain when a freak accident from a towing line and a pipe nearly severed his left leg. He was medically evacuated, but despite all efforts the leg had to be amputated.

For his role in recovering the bomb, Brashear was awarded the Navy and Marine Corps Medal – the highest Navy award for non-combat heroism.

Despite the odds against him, Brashear returned to active duty and diving school and became the first amputee to be re-certified as a U.S. Navy Diver in 1968. In 1970, he became the first African-American U.S. Navy Master Diver.

Brashear retired from the Navy as a Master Chief Petty Officer and Master Diver in 1979. He retired from service as a government civilian at the Norfolk Naval Air Station in 1993.

He died at Portsmouth Naval Medical Center July 25, 2006 and is buried at Woodlawn Memorial Gardens in Norfolk, Virginia.

The 2000 drama film, “Men of Honor” starring Cuba Gooding Jr. and Robert Di Nero was based on the life of Master Chief Petty Officer Carl M. Brashear.

Yvonne Johnson, APG News
Source: <http://www.navy.org>

APG Snapshot

Take a peek at the events making news in and around U.S. Army Garrison Aberdeen Proving Ground. For complete photo coverage, visit <http://www.flickr.com/photos/usagapg/>.



Photo by Stacy Smith

DANCING TOWARD A HEALTHY HEART

Zfitness instructors Rhonique Harris and Allison Agwu demonstrate heart healthy Zumba moves during the Heart Healthy Info Session with Zumba at the Myer Auditorium Feb. 19. Attendees participated in the catchy, fast-paced exercise, which uses music and dance to make exercise fun and helps participants maintain and support a strong, healthy heart. The C4ISR Wellness Committee hosted the event.



DPW OPENS NEW TRAINING CENTER

Personnel from the Directorate of Public Works complete a survey during the opening of the DPW Training Center in Building E5185 on APG South (Edgewood) Feb. 11. Site manager Tony Hale said the new site provides personnel with a central location to complete mandatory training. The center features nine computer stations constructed from repurposed furniture. "I think this was a good idea; we needed something like this," said DPW employee Robert Taylor. "This center will save us time, which is critical especially during grass cutting season." Hale said all APG Garrison employees can use the center for training purposes. To schedule a session call Donna Tayson at 410-436-3731.

Photo by Rachel Ponder

LITTLE MAN SHOWS HIS RACING SPIRIT

More than 800 miles from the warm, sunny weather in Florida, mysterious APG resident Little Man was ready to race leading up to the NASCAR Daytona 500 Feb. 22. All he was missing was a car. And a driver's license.

Photo by Molly Blossie

